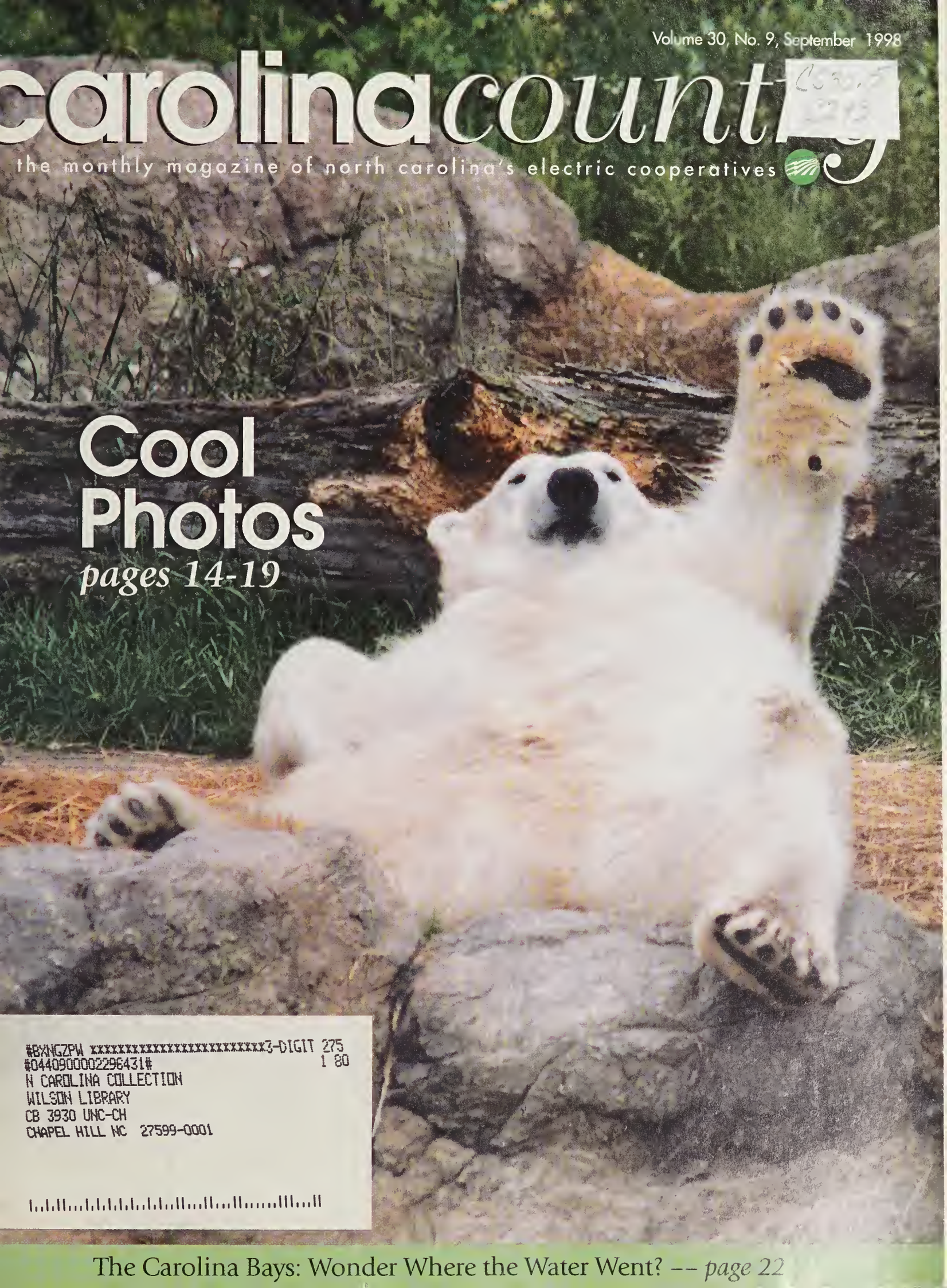
Volume 30, No. 9, September 1998

carolina country

the monthly magazine of north carolina's electric cooperatives



Cool Photos

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The Carolina Bays: Wonder Where the Water Went? -- *page 22*

"We're so positive that Roach Kill will kill every last roach in your house that we'll send you a free gift just for trying it."

"ROACHES!"

I HAD THEM BY THE HUNDREDS, BUT NOW I DON'T HAVE A SINGLE ROACH.

(By J. Robson)

Have you ever seen a roach run out of a bowl as you were about to put food in it? Well, I have. Just turn out the lights and an army of roaches would attack the whole house.

I had tried smelly sprays and other insecticides to get rid of them. But they just kept coming back. Nothing worked for very long, but then . . .

A friend told me about an amazing powder, Roach Kill, that killed all her roaches. I tried it, and it worked like a miracle. It killed them all for good. Now I don't have a single roach.

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(By Frank K. Wood)

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In the cat's seat

This photo by Beth Roten of Warrensville, a member of Blue Ridge Electric, is among those selected for "Finest Photos," pages 14-19.

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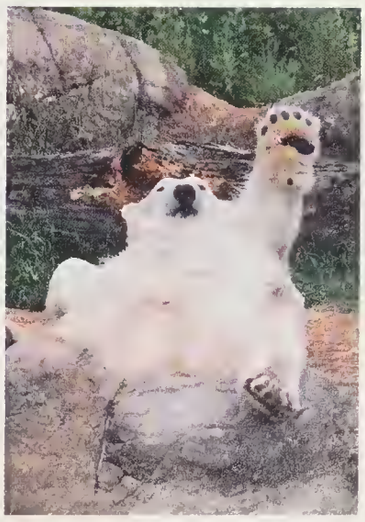

On the Cover

"Hey, y'all." The winning cover photo of our "Nothing Could Be Finer" photo contest is by Susan L. Barry of Thomasville, a member of Davidson EMC. The polar bear at the North Carolina Zoo in Asheboro is made cooler by Randolph EMC

carolina *country*

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Bright Ideas have reached more than 400,000 students in 4 years

By John F. Woodruff

Bright Ideas, the North Carolina electric cooperatives' grant program for classroom teachers, was launched on September 22, 1994 – four years ago this month. It clearly broke new ground.

Then State Superintendent of Public Instruction Bob Etheridge understood the program's tremendous potential. "It is important to all of us in North Carolina – educators, parents, and students," he said, "to recognize that the electric cooperatives network is the first major statewide business to extend the hand of partnership and say, 'We're going to help make a difference in education in North Carolina.'"

Governor Jim Hunt also saw clearly the potential of public-private partnerships in the state's school system. He said at the 1994 announcement, "Partnerships such as the Bright Ideas program that unite the public and private sectors are the best way for us to generate the ideas, the energy and resources that we need to prepare our children for the twenty-first century."

Before "public-private partnerships" had become popular buzzwords, cooperatives – by almost any measure – took a giant step forward with Bright Ideas. No one knew for sure whether teachers and students would seize the opportunity or whether Bright Ideas, in fact, would make a difference in education in North Carolina.

Today, we can say with assurance that it has.

The cooperatives' goal was two-pronged: first, improve classroom instruction by encouraging innovative teaching techniques; and second, educate children so they have the ability to succeed and provide strong leadership for their communities.

To achieve that goal, the cooperatives realized they had to make a serious financial commitment. They authorized $225,000 a year for a statewide Bright Ideas grant program. On that schedule, Bright Ideas would have topped the $1 million mark in May of 1999. That in itself would have been a remarkable feat. However, the individual cooperatives saw the results of Bright Ideas and wanted to create even more Bright Ideas classrooms. They made additional grants in their respective service areas. The result: North Carolina's electric cooperatives have awarded more than $1 million in grants to North Carolina teachers – 1,400 in all – a full year ahead of schedule. More than 400,000 students already have had their classroom experiences enhanced.

By the end of the current school year, Bright Ideas grants to North Carolina teachers will exceed $1.5 million.

During the 1997-98 school year alone, the cooperatives received almost 2,000 applications from teachers across the state. The imagination and initiative those teachers and students demonstrated was amazing. In turn, the cooperatives made more than 400 grants of up to $2,000 each.

A quick look at just a few of the 1,400 projects funded illustrates clearly the broad spectrum of projects proposed.

- "Math to Go," a program to build math skills at home
- An ecosystem study involving new data collection and analysis techniques
- A program to teach students better organizational skills
- Videotaped skits produced by students exploring the effects of divorce on children
- "Becoming Butterflies," a study of the balance of nature
- "Grocery Store Math"
- "Robotic Animation"

Mike Ward, State Superintendent of Public Schools, also has recognized the program: "The members of North Carolina's electric cooperatives recognize that a strong public school system is the foundation of our state. The willingness of the cooperatives to invest so generously in their communities – in the boys and girls who attend our public schools and the future of our state – is exemplary."

There are other public-private partnerships in North Carolina's schools today. Companies have been generous in contributing computer equipment, recognizing that students must master the technology of tomorrow. Work-study programs are popular, matching students with businesses that may later offer full-time employment opportunities. One could cite many other examples.

But North Carolina's electric cooperatives have always been pioneers, and when they "extended the hand of partnership" through the Bright Ideas grant program four years ago, they proved that fact once again. Few, if any, statewide public-private partnerships have affected as many classrooms, students or communities in such positive ways as Bright Ideas. Every cooperative member in North Carolina has reason to look with pride at the Bright Ideas grant program. Together, we are making a difference.

John F. Woodruff of Sparta, former superintendent of Alleghany County schools, is vice president of the board of directors for Blue Ridge Electric. He is also the former president of the board of the statewide N.C. Association of Electric Cooperatives.

North Carolina's electric cooperatives are seeking applications from teachers for the 1998-99 Bright Ideas Grant Program. The deadline is Sept. 25. For more information, see the Web site at www.ncemcs.com. Or call (800) 662-8835, ext. 3034.

Readers' comments

Does Wayne sleep in that truck?

I express sincere appreciation for the wonderful job Wayne Davis [line foreman, purchasing agent and practical engineer for Harkers Island Electric Membership Cooperative] and his crew did this morning.

One doesn't appreciate the degree to which we depend on electricity until it's gone. This morning at about 3:30 the power pole in front of my house was struck by lightning, knocking out all power to my house and business. After stumbling around in the dark for 30 minutes looking for a flashlight, lamp or even a match, and checking circuit breakers, I determined we were the only house affected, so I called Wayne. I hesitated to do so because I knew he had been up the night before, but I didn't know what else to do.

I got him on the phone and explained the problem. I could tell he was still groggy from sleep. He said "O.K." No more than ten minutes later he pulled up out front in the bucket truck. (Does he sleep in that thing?)

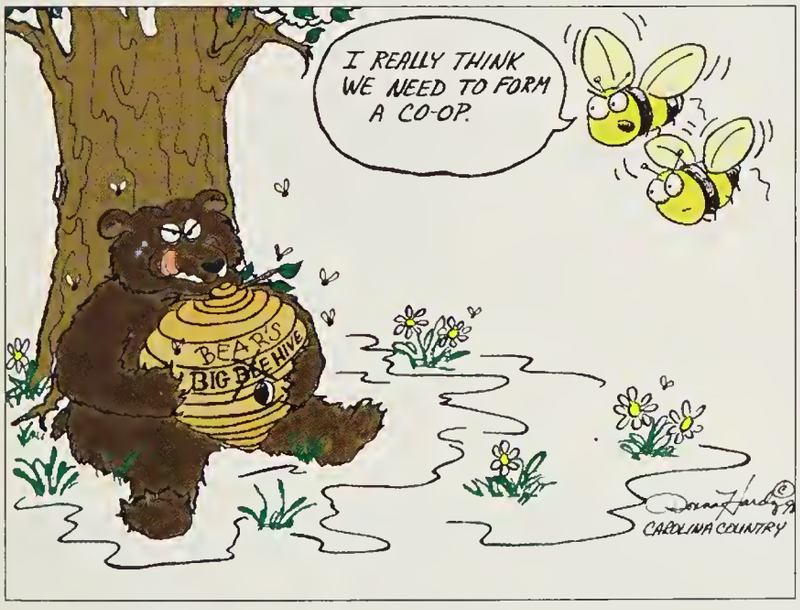
With lightning still in the sky, he climbed into the bucket and up he went. After looking things over and trying the circuit breaker on the transformer a few times he said, "I'll need a transformer and some more help."

To make a long story short, by 7:50 a.m. I had power. My air conditioning unit didn't come on through. They diagnosed that problem and corrected it immediately. Needless to say I was delighted!

When bestowing awards in the Coast Guard we sometimes use the phrase "in keeping with the highest traditions of the service." That phrase applies here.

I thank the Harkers Island EMC and their employee for their prompt and courteous service under difficult and trying circumstances. Special mention to Wayne, Reis and Jimmy. I think they deserve a medal.

Sam Davis & Family
Harkers Island
Reprinted from The Carteret County News Times
June 26, 1998



Voice mail messages

A reader from Cumberland County called to say that eight years ago he paid $32,000 for a manufactured doublewide home made in Lillington, and sold it recently for $64,000. He's been in another doublewide now for four years and paid $37,000 for it; it was appraised recently at $75,000. Disputing what another reader said ["Trailers by any other name," Commentary, August 1998], he said, "If you take care of it and maintain the yard, these homes do hold their value."

Another reader from Ashe County noticed Gerald Yokely's photos of Rockford ["Along the Low Water Bridge," August 1998] and said there are two such bridges in Ashe County. He wonders if there are any more in the state.

Rockford General Store hours

The Rockford General Store on the Yadkin River in Surry County [shown in the photographs from "Along the Low Water Bridge," August 1998] is open more often than we said. Annie Gray Seats Barnett, the proprietor, told us when she visited our office in Raleigh that the historic store is "open every day except Mondays, Tuesdays and Christmas Day." It sells just about everything from old-fashioned candies and wooden train whistles to handmade quilts and hoop cheese. The hours are Wednesday - –Saturday, 10 a.m. to 5 p.m. and Sundays, 1 to 5 p.m. Phone: (336) 374-5317.

Can bamboo help here?

Developing bamboo as a crop in North Carolina has great potential to help with the water quality problem in sounds and rivers while forming the foundation of an entire new industry. The rhizomes or roots take up great amounts of nutrients the entire year, thus the ability to remove animal waste products. Bamboo is used in China, India and Japan for pulp, paper, building products, erosion control and food in the form of bamboo shoots.

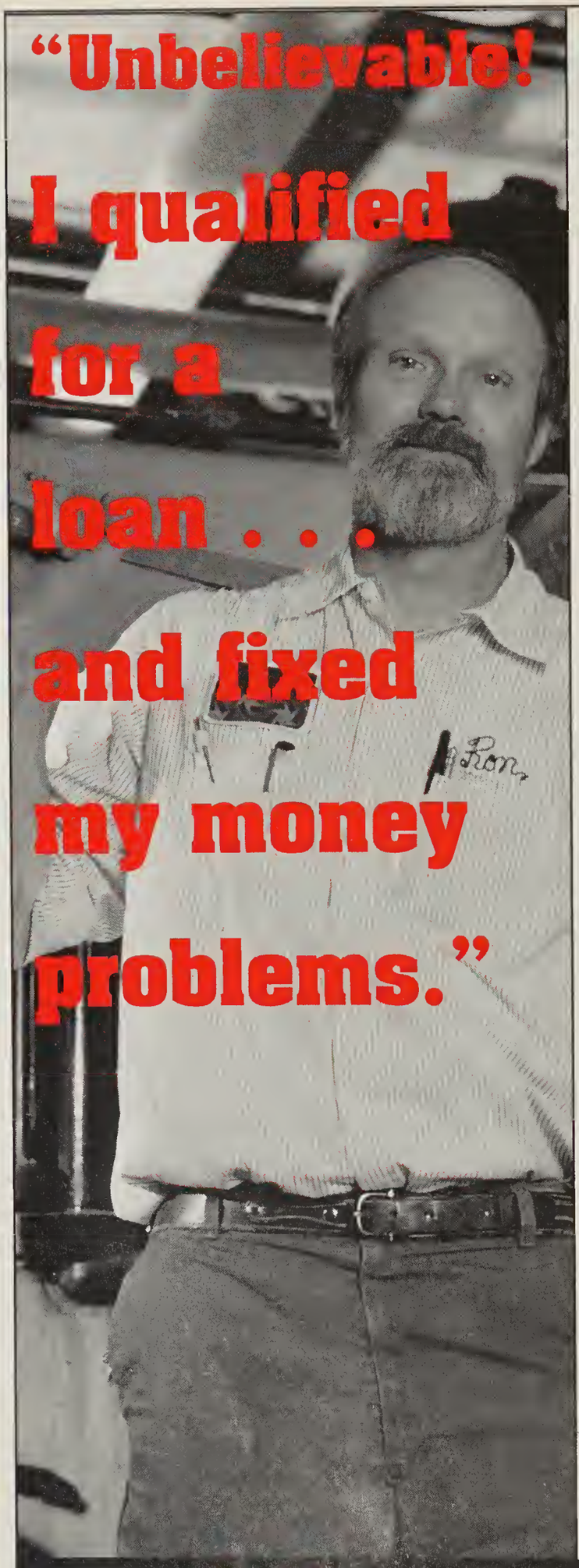
In North Carolina, bamboo has the potential to relieve the animal waste problem, act as crash barriers on highways, food crop in the form of shoots and fiber for the pulp and paper industry on a one- to five-year harvest cycle.

I would like to hear from any of your readers who can help locate plantings of bamboo in North Carolina, South Carolina or Virginia. The locations of any size groves from yard plantings to acreage can be helpful. The names and addresses of the owners, and if they would allow roots to be removed for test plantings, would be of great help. The species name is important if known, but it's not necessary, as over 1,000 species exist.

An ideal location would be a grove on a hog farm that is willing to allow a test on the farm.

Anyone willing to help in the development of the project or with information on the location of groves or plantings may contact me.

James Fletcher
123 Apple Road
Manns Harbor, NC 27953
Fax: 252-473-4969



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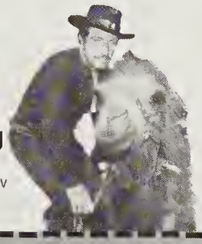

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Two cooperatives merge for "savings, service and strength"

EnergyUnited will serve nearly 90,000 consumers

North Carolina's largest electric cooperative is taking shape in the western and piedmont area of the state. When details are finalized next month, EnergyUnited will be serving nearly 90,000 consumer-members in 18 counties. It will be among the 10 largest electric cooperatives in the U.S.

EnergyUnited is a consolidation of Crescent Electric Membership Corporation and Davidson Electric Membership Corporation. Unlike most mergers in corporate America, a merger among cooperatives involves the participation and approval of co-op members, in this case the individuals and businesses served by Davidson and Crescent EMCs. On July 25, 1998, members of the two co-ops overwhelmingly voted in favor of the merger. At separate annual meetings, the co-ops produced the required quorum and two-thirds majority of votes cast to approve the merger.

In fact, the combined approval majority was 98 percent. The vote at Crescent EMC's meeting in Statesville was 1741-62. In Lexington on the same morning, Davidson EMC members approved the merger 750-11.

Another difference between this consolidation and a typical corporate merger is that EnergyUnited consumers will not see a reduction in service. All eight offices maintained by the two co-ops will remain as they are, and some are scheduled for improvement and expansion. There will be no staff cuts as a result of the merger. As a stronger entity, EnergyUnited's commitment to community involvement is expected to grow beyond the substantial local presence both Davidson and Crescent EMCs already have. And all consumer-members will maintain their capital credits (defined as funds due members after their co-op pays operating and capital expenses).

The most noticeable change will be seen in business efficiency and electric rates to members. These effects will include the following:

- *Rate reduction of approximately 5 percent (already approved by both boards, to become effective when EnergyUnited is chartered this year).*
- *Projected savings of $38 million over the next 11 years.*
- *Centralized computer and billing systems.*
- *One customer call center.*
- *One outage reporting system.*
- *One dispatching system.*
- *Single insurance provider.*
- *United mission to provide superior service in an increasingly competitive marketplace.*

The Crescent EMC – Davidson EMC merger is not the first in the history of electric cooperatives in North Carolina. Rutherford Electric Membership Corporation based in Forest City (incorporated in 1937) merged in 1969 with Burke-McDowell Electric Membership Corporation (incorporated in 1940) and retains the Rutherford name today. Crescent EMC itself is the result of a 1970 merger between Davie Electric Membership Corporation and Cornelius Electric Membership Corporation. And today's Tideland EMC, based in Beaufort County, was formed by a 1972 merging of Woodstock Electric Membership Corporation, Pamlico Beaufort Electric Membership Corporation, Ocracoke Electric Membership Corporation and Pamlico Power & Light Co.

continued on next page

EnergyUnited
Your local connection
Facts & Figures

Crescent EMC

- Serves more than 53,000 members.
- Headquarters in Statesville.
- Offices in Statesville, Mocksville, Cornelius and Taylorsville.
- 5,689 miles of power lines.
- Service area includes parts of Iredell, Alexander, Cabarrus, Catawba, Davie, Gaston, Lincoln, Mecklenburg, Rowan, Wilkes and Yadkin counties.
- About 125 employees.
- Executive vice president is R.B. Sloan Jr. of Statesville.
- Board president is Jimmy R. Horton of Cleveland.

Davidson EMC

- Serves more than 36,200 members.
- Headquarted in Lexington.
- Offices in Lexington, Madison and Denton.
- 3,915 miles of power lines.
- Service area includes parts of Davidson, Davie, Randolph, Montgomery, Guilford, Forsyth, Rockingham, and Stokes counties.
- About 75 employees.
- Executive vice president is H. Wayne Wilkins of Lexington.
- Board president is N. Mack Shoaf of Winston-Salem.

Involving consumers

The July 25 vote created EnergyUnited, but studies, forums and member participation had taken place long before the annual meeting date.

Discussions between Crescent and Davidson EMCs began informally more than a year earlier. The elected boards of directors (13 at Crescent, 9 at Davidson) said they would support the study of a merger only if it seemed in the best interest of the customers. Feasibility studies conducted over several months revealed overwhelmingly that consolidating the two would indeed benefit the average consumer. Assisting in the study were consultants from the National Rural Electric Cooperative Association, which has participated in such studies across the nation for many years. And the public relations firm of Ralph Simpson & Associates of Winston-Salem worked with both co-ops from the beginning stages. The successful and positive regional news stories, promotional campaigns and overall employee and consumer education were attributed to the Simpson firm, according to the cooperatives' management.

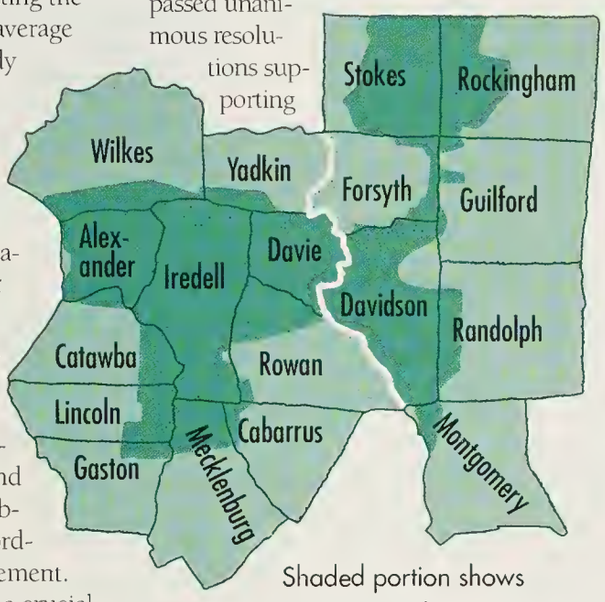
Including consumers was a crucial step. Both co-ops invited consumer-members to give opinions and make recommendations regarding the possible merger. In February of this year, for example, members in "focus groups" from each co-op were invited to have dinner with co-op representatives and discuss ideas about consolidation. At one meeting, a longtime member of Crescent EMC said that the co-ops are "giving us an opportunity to express our opinions. That's a big difference, I think. We feel like we have some say in this."

When asked what the proposed merger means to them, some members were recorded to say "cost savings . . . we'll be more recognizable . . . strength to compete . . better buying power for power and supplies . . .more services . . . it gives us better bargaining power."

These comments gave rise to the campaign theme for consolidation: "savings, service and strength."

In the early stages, the co-ops' employees were drawn into the process, so that their understanding of merger not only could be conveyed to the public they see every day, but also could build enthusiasm. In April, both EMCs held open houses at all of their district offices. Members came to the event to hear more about the proposed merger, and, again, they expressed support. Also, throughout the process members could stay informed of the proposed merger through newsletter articles, Carolina Country, special publications and articles in local newspapers.

This spring, both EMC boards passed unanimous resolutions supporting the merger. Directors said that they are committed to protecting and enhancing the EMC members' assets. They also stipulated no rate increases, no reduction or dilution of electric service, no EMC office closings and no reduction in the number of EMC employees as a result of the merger.



Shaded portion shows EnergyUnited service area.

Crescent and Davidson EMCs also held customer and employee contests to help select a name for the combined cooperative. After reviewing more than 700 entries, "EnergyUnited" was selected. Management said that the name represents the core services both co-ops offer, the prospect for expanding the scope of services, and the formation of a business owned, composed of and supported by its consumers.

The central headquarters and management structure of EnergyUnited was to be determined a few weeks after the annual meetings. The board of directors will include all 22 current members of the Crescent and Davidson boards.

EnergyUnited™
YOUR LOCAL CONNECTION

Electrifying Extras

A bill to restructure the electric utility industry nationwide died in Congress

House Commerce Committee Chairman Thomas Bliley (R-Va.) said in late July that there will be no nationwide electric business restructuring legislation in the 105th Congress. In a letter to Rep. Dan Schaefer (R-Col.), outgoing energy subcommittee chairman, Bliley said it is "highly unlikely your subcommittee will be able to hold a mark-up this year," reported the Electricity Daily newsletter.

Instead of a mark-up, the subcommittee will hold "additional hearings to address members' concerns," Schaefer said. Many believe the legislation was dead a long time ago due to lack of enthusiasm among both parties to take on such a complex task as restructuring.

Is your home protected against power surges?

You have invested a great deal of money in all the electricity-using equipment in your home. Computers, TVs, stereos, refrigerators, washers, clothes dryers and more—none of this equipment is cheap, so you take good care of these items.

But are you protecting your equipment from power surges? If you do not have surge protection, consider getting it. Today's electronic equipment and appliances are very sensitive. Anything you plug in can be damaged, and in worst-case scenarios, destroyed by a power surge.

A power surge is a brief, unpredictable increase in voltage that can enter your home through the power, telephone or cable television lines. They can occur at any time and in any locale. Your electric co-op is always working to maintain a high-quality supply of power to your home. However, there are several things that can cause power surges in the very best of electric utility systems. The most common one is lightning, but there

continued on next page

Touchstone Energy℠ means cooperative services you've learned to trust

The North Carolina Electric Membership Corporation (NCEMC) board of directors, composed of cooperative representatives from across the state, voted earlier this summer to become a regional partner of Touchstone Energy℠.

Touchstone Energy is a national campaign to acquaint American consumers with the unique qualities electric cooperatives possess and the products and services they provide.

The Touchstone tagline —*The Power of Human Connections*— sums up the personal and local cooperative approach to business. In test after test, consumers –whether they are current cooperative members or customers of other utilities– have said they would like the opportunity to do business with electric cooperatives.

Touchstone Energy℠
The power of human connections

Touchstone Energy is a brand name, like the thousands of brands consumers have grown to know and trust when they shop for food, clothing, or cars and trucks, to help strengthen the image of electric cooperatives nationwide. It also can be the name under which cooperative services –such as surge protection, Internet access and satellite TV, among others — may be marketed in North Carolina.

"We believe being a Touchstone Energy regional Partner will help ensure a successful branding effort to promote the unique and favorable aspects of electric cooperatives and their services and products," says Chuck Terrill, NCEMC's Executive Vice President and Chief Executive Officer.

The boards of the 28 distribution cooperatives statewide will decide whether to join the Touchstone Energy effort as local partners. Being a Touchstone Energy Partner does not mean that cooperatives will change their names or alter the way they do business. In fact, Touchstone is the embodiment of the cooperative approach to business, Terrill said. Cooperatives will retain their names and the qualities that have won the trust and confidence of consumers for many years.

The goal is to spread the message of electric cooperatives to a broader audience in order to educate all Americans as to why electric cooperatives should be their "provider of choice," Terrill said.

Edgecombe-Martin County EMC proves that it means business

Edgecombe-Martin County EMC has been named "Small Industry of the Year" by the Tarboro-Edgecombe Chamber of Commerce. In order to be nominated, a business or individual must be involved in community service and carry out business with a high level of integrity and fairness.

The cooperative, through its employees and directors, is involved in fire departments, school programs, civic and religious organizations, athletic programs, youth activities and fundraising events. The cooperative also takes an active role in economic and industrial developments efforts in the area.

July groundbreaking for the Martin County industrial park.

"While our traditional role is providing adequate and value-priced electric service," said the EMC's Manager James B. Kinghorn Jr., "we believe that our ultimate goal is to provide a higher quality of life in our service area."

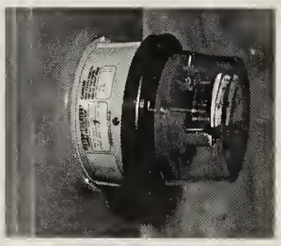
An example of the co-op's immersion in community affairs is the new Martin County Business Industrial Park, located near Everetts, which Edgecombe-Martin County EMC helped establish. EMC-EMC representatives recently attended the groundbreaking ceremony for the park, which consists of 14 industrial lots ranging in size from two to 21 acres.

Blue Ox, a subsidiary of Atlantic Structures, Inc., based in Kernersville, is scheduled to begin operations there soon, building roof and floor trusses.

The park idea began in 1996 when Edgecombe-Martin County EMC notified the Martin County Commissioners that the cooperative had secured an economic loan of $500,000 with zero interest from the North Carolina Electric Membership Corporation. Edgecombe-Martin County EMC will directly benefit from the industrial park through increased electric sales.

The co-op also recently secured another $500,000 loan for a 293-acre industrial site located in Edgecombe County in the Kingsboro community.

Is your home protected against power surges? *continued*



are other causes of power surges. These include an object coming in contact with a power line, as well as electric-powered heavy equipment suddenly starting or taking extra power.

Power surge protection puts up guards in two places: 1) where electricity enters your home, behind the meter, and 2) inside your home where equipment is connected to electricity through outlets. A meter-based surge protector protects your home from power surges at the entry point, which is where your home and equipment are most vulnerable *(top photo)*. Plug-in devices for surge protection inside the home protect your equipment at the outlet stage *(bottom photo)*.

For information about surge protection, call your electric cooperative.

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Finest Photos

We've seen a lot of pretty pictures come through our offices, but the last few months brought more than usual. Close to 150 of you submitted your photographs for this month's spread.

The judges selected what looks like a good mix of North Carolina scenes and people.

Along with the pictures, photographers sent in stories about the time, place and meaning of their photographs. If there was a dominant theme, it was how fortunate we are to live in a place that is so rich in honest values and pretty, too.

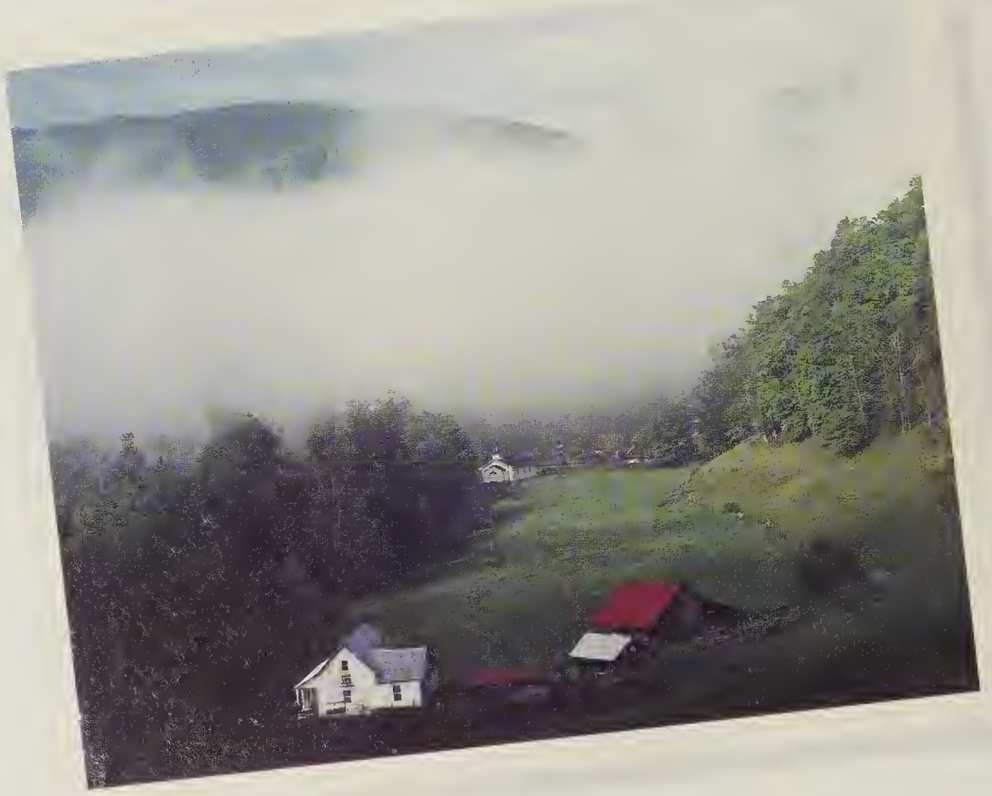
"You do not have to go far in North Carolina, or in your own neighborhood, to enjoy and appreciate the beauty around us," said Claudia Murray of Jamestown.

"You don't have to be an expert photographer to get absolutely beautiful photos if you live in North Carolina, " said Paul Heathman of Waynesville. "You just want to capture it all for others."

We don't have room to publish as many as we'd like. But we are keeping some that did not make it and will try to get permission to run them later.

Next month, which is Cooperative Month nationwide, we'll publish stories of "what my electric cooperative means to me." (Deadline for submissions was August 15.) There's still time to send us your idea of "The Finest North Carolina Gift You Can Give (made in North Carolina." (Deadline is Sept. 15.) See page 11 for details.

—*MG*



Edd Greene Farm

Looking toward Little Yellow Mountain, which sets behind a thick mist hovering above the Edd Greene farm and Powdermill Baptist Church (which has since been replaced by a new larger brick church) in Newland.

Lila Buchanan
Morganton
Rutherford EMC

On the canal

Pearl VanderAa wonders if there are any fish at the Davis Landing Canal in Pungo. Arthur VanderAa III is out to prove the fish are indeed biting.

Terry R. VanderAa
Pantego
Tideland EMC

Hand panning

Donald Walton tries his hand at panning for gold in the Second Broad River, McDowell County.

Rachel Walton
Nebo
Rutherford Electric

Nothing could be finer

Borrowed barrow

My son, Brett, just loves trucks, power equipment, rocks, wheels, tractors, etc. Here he makes good use of the rusty wheelbarrow borrowed from Dad when helping out around the yard.

David & Brandy Aldridge
Boone
Blue Ridge Electric

Little Girl Blue

From head to toe at Carowinds Theme Park outside of Charlotte.

Mark R. Smith
Lincolnton
Rutherford EMC

Lyin' bareback

Life on a North Carolina farm has its own rewards. My 11-year-old son, Chance Dunning, proves it with his pal Cody.

Michelle Dunning
Lexington
Davidson EMC

Behold

A quiet and sunny winter day at the Tennessee/North Carolina state line at Carvers Gap on Roan Mountain. I grew up here and have wonderful memories of sledding down the hills and through the curves.

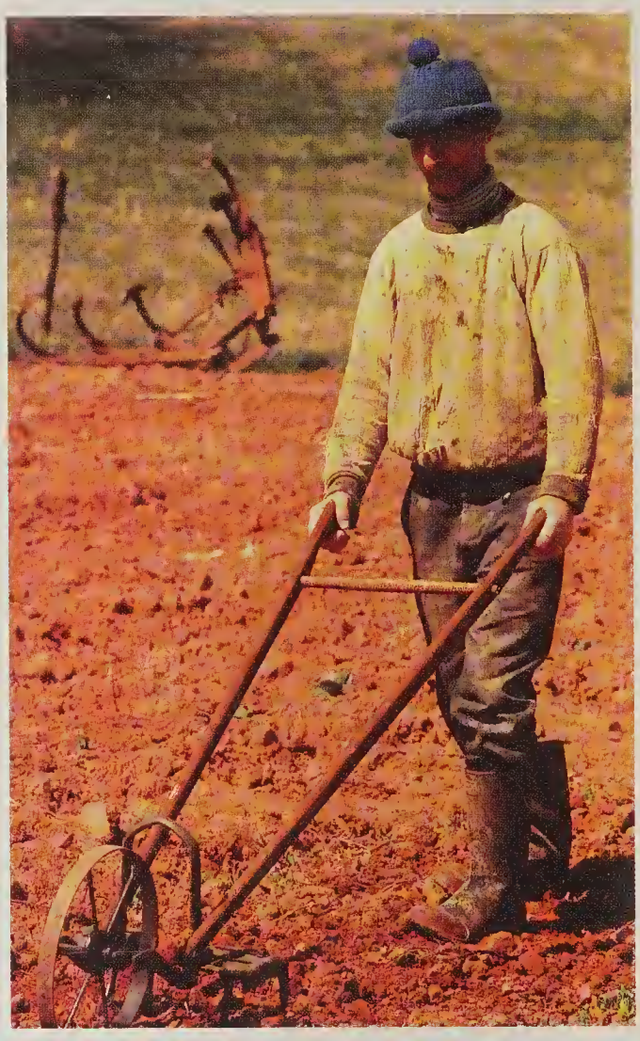
Sandra Depew
Morganton
Rutherford Electric

Nothing could be finer

Spring Creek morning

Early morning on Spring Creek from the dock behind our house.

Harlan Kebel
New Bern
Tidewater Electric



The soil and the soul

About five years ago I bought this plow in Charlotte. One morning my Daddy was playing with it in the garden. He does have "old time values" that made me the person I am today. He taught me respect, that hard work is good for the soul, to live by the Ten Commandments, and to be thankful for what you have.

Dixie Jordan St. Clair
Union Grove
Crescent Electric

October on Ocracoke

The sun also rises over the quiet island of Ocracoke on the Outer Banks, illuminating the early morning flight of a lone bird in October light.

Cecelia Watts
Indian Trail
Union Electric

With Grandpa

Abigail Traywick takes an afternoon stroll with her grandpa, Melvin Rowell.

Frances Rowell
Indian Trail
Union EMC

Send us your stories and photos. Earn $50.

Here are the themes and deadlines for the coming months of "Nothing Could Be Finer." You don't have to be a superior writer to send us a letter. Put your heart into it.

The Rules

1. Approximately 200 words or less.
2. Only one entry per household per month.
3. Typed or e-mail, if possible. Otherwise, make it legible.
4. Include your name, electric co-op, mailing address and phone number.
5. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
6. We pay $50 for each submission published.
7. Send to Nothing Finer, Carolina Country, 3400 Sumner Blvd., Raleigh, NC 27616. Or by e-mail: carolina.country@ncemcs.com

November
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Deadline: Sept. 15

December
The Finest Story in North Carolina History
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Deadline: Oct. 15

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The *Mysteries* of the

There are thousands of bays in eastern North Carolina, but they are not part of the ocean. In fact, most are inland, at least several miles from the beach.

Hundreds of thousands of people drive their cars through these bays, and when they get home their houses set on the bottom or the edge of a bay. Farmers plant corn, tobacco, soybeans and other crops in the soil of these bays. Many of us work in a factory or office that has been built in some of the larger bays.

If you are in school in the Coastal Plain, perhaps your school building is in a bay: you can tell by looking to the southeast. If you see piles of sand that are slightly higher in elevation from your building, you are probably in a bay. Many scientists believe the sand was deposited there by the wave action of water that was once present in all of the bays. Others disagree, claiming that the sand was ejected from the bay when a swarm of meteors collided with the earth's surface. But just what kind of bay is this that has highways running through it, and supports houses, farms, factories and schools?

Carolina bays have been called one of nature's greatest mysteries. They occur on the Atlantic Coastal Plain and most are found in North and South Carolina. The tens of thousands of bays in coastal North Carolina occupy hundreds of thousands of acres. They are a major part of the natural landscape that influence the cultural geography of our region.

Aerial photo backdrop shows bay depressions (dark, elliptical shapes) near Wakulla in northwestern Robeson County.

Bays in Bladen County. One is a partially filled "dying" bay la

"Carolina Bays"

Text and photos by Thomas E. Ross

Most people are astonished when they see an aerial photograph of these bays of the Carolina Coastal Plain. The shallow elliptical depressions of uncertain origin create an amazing impression. From ground level they are less obvious, except during and shortly after heavy rainfalls. Since I first saw a view of Carolina bays, I have walked, waded, crawled and swum through them in order to better understand their features.

How Did They Get Here?

More than 90 percent of the bays are now dry, having been either drained by man or dried through natural processes. During periods of heavy rain the dry bays will sometimes contain ponded water for a short period of time.

Many bays have at least one sand rim; several have multiple rims. Some bays have no rim at all. The rims range from less than a foot to more than 10 feet high and from 15 feet to more than 500 feet wide. The sand rim most likely was deposited by wind action.

So the big question is: How did they form? Meteorites or comets? Probably not. Fish wallows? Probably not. Beaver dams? No. UFOs? Definitely not. Ponded water expanded and oriented by wave erosion and wind action? Probably so.

The meteorite and/or comet theory has been the most publicized, however, and every time a comet approaches earth, the news media rush to do Carolina bay stories.

I believe that sometime between 9,500 and 13,000 years ago the water table was much higher than it is today and that many ponds and lakes existed on the Coastal Plain. The water bodies were then shaped by moving wind, primarily from the northwest. About 4,500 years ago, the water table declined substantially and many of the bays dried up. Others remained marshy or swampy wetlands until humans drained them during the last century or so. A few bays have remained as lakes, but they too will eventually lose their water.

The most substantial Carolina bay research today, however, involves ecological or environmental issues as scholars from many fields, including soils, biology, geography and ecology find that the bays are gold mines of research opportunities. My own research has less to do with the theory of origin than with how mankind has used the bays and how the bays have affected our cultural landscape.

Their Effects on the Culture

The presence of Indian artifacts on sand rims of many large bays document that the bays have long been used by humans. Research indicates Indians camped on the rim when the bay was filled with water during three different periods: Archaic (9,500-4,000 years ago), Late Woodland (1,200 years ago), and possibly Mississippian (1,200-500 years ago).

Looking at the winding routes of many modern highways as they curve around some of the larger bays reveals another way the bays influenced the cultural landscape of the Indians. These modern highway routes were probably once animal trails made by deer and bison attempting to avoid the bears and other predators (perhaps panthers) in the swampy and thickly vegetated bays: so for safety, they would stay on the high ground of the rim. When the Indians moved into the area about 9,000 to 10,000 years ago, they most likely used many of the animal trails for

their paths. Europeans subsequently used the Indian trails as routes for their highways.

The Scots, Irish and other early European settlers in the region understood the importance of the bays' sand rims in the development of coastal Carolina. For example, most farmhouses or outbuildings were constructed on the sand rim. Although our ancestors did not know or call the depressions they encountered "Carolina bays," they did know that the sand rim and not the bay itself was the ideal place to build a house because it was higher and drier. Who wants mosquitoes, termites and wood rot? Also, the higher sand rim might have fewer cottonmouths and other undesirable creatures. Thus, at the higher southeastern ends of many bays we find the old farmhouse, barns and sheds, surrounded by the farm fields that are located in the bay itself.

During the past few decades, however, construction within bay interiors has accelerated. Developers and homeowners, confronted with a shortage of well-drained building sites, and rapidly growing population demanding housing, have been building entire subdivisions within bay interiors. Most of them attempt to raise the elevation of the bay by filling it with sand and clay. But the structures are still in a bay, and fill-dirt is not going to change the hydrology or action of the water in the land adjacent to the bay. The water will continue to move toward and into the bay, creating potential for settling, which tends to cause problems such as cracked interior walls, and in some cases, damage to the foundation. This problem is more serious in bays with organic soils.

Other cultural landscape features are also influenced by the presence of bays and their rims. For example, fruit orchards are not as abundant in the Coastal Plain as on the Piedmont and in the Appalachians, but we did and do have a few. Most fruit trees need well-drained soil and enough air drainage to prevent frost from settling on the blossoms or young fruit, and since those two requirements are for the most part absent over much of the Coastal Plain, farmers quickly learned that it was unprofitable to attempt to cultivate peach or apple orchards. But a few orchards and pecan groves are found scattered over the Coastal Plain, and in almost every case they are located on the sand rim of a Carolina bay.

Cemeteries are another example of how man uses the sand rims of bays rather than the bay itself. If you live on the Coastal Plain, the cemeteries in your neighborhood are most likely found on the sand rims. We don't want to bury people in wet soil with a widely fluctuating water table, such as that found in most bays. If we did use bays, during periods of heavy rain we would most likely witness some premature resurrections as vaults popped out of the grave due to water pressure beneath it.

Recreation is also tied to bays. In the bays with permanent open water – such as Lake Waccamaw, White Lake and Jones Lake — swimming and boating are favorite activities. I have found that fishing in most Carolina bays is not very good.

Backyard basketball goals are placed on the sand rims. Their location on the sandy soil allows more playing time because water quickly passes through the sand. Other recreational activities also gravitate to the sand rims.

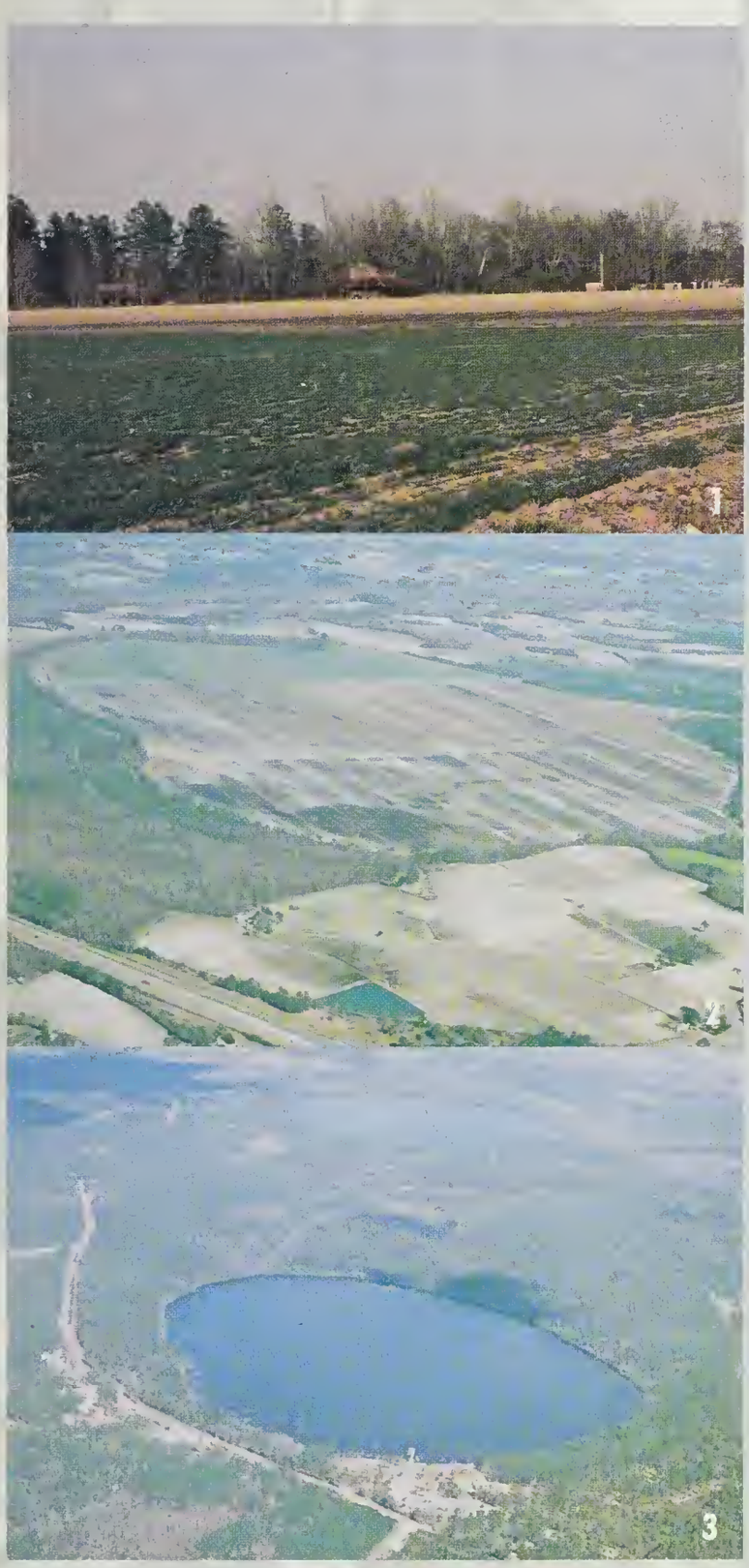
Bay interiors are most commonly used for agricultural purposes. It appears that many of the smaller bays dried up through natural processes and have been used for agricultural purposes for generations.

Bigger bays, however, must be ditched to improve drainage. Crops such as cotton, corn, soybeans, tobacco, cabbages and wheat are grown in bays, but not before large amounts of lime and fertilizers have been applies to the soil, which is low in natural fertility and very acidic. In some regions of the Coastal Plain, blueberry farms occupy very large bays.

Bays are also a source of timber, primarily hardwoods and softwoods that thrive under moist soil conditions. After harvest of the trees in a bay, several alternate uses are common: reforestation, cultivated agricultural activities, grazing, and residential or commercial buildings. As a result, the acreage in bays has been decreasing as increased demand for land occurs.

Some bay land and ecosystems will be preserved well into the future, primarily through the actions of the Nature Conservancy and state agencies. Land purchases and donations enable the Conservancy and the state to establish "natural areas" and state parks and forests in and around Carolina bays.

Thomas E. Ross, Ph.D., is chairman of the Department of Geology and Geography at the University of North Carolina at Pembroke.



1. View of a bay from ground level in Robeson County. Farm structures are built on the sand rim, and the bay itself is under cultivation. 2. Cleared, drained bays now in agricultural use. 3. Jones Lake, a Carolina bay, is in the Bladen Lakes State Forest and is a state park recreation area.

Horseshoe Lake area near Elizabethtown is placed in conservation

Nearly 10,000 acres of one of the country's most extensive Carolina bay complexes has been placed in conservation status. The State of North Carolina recently purchased from Canal Industries, Inc. approximately 8,000 acres of the Horseshoe Lake natural area in Bladen and Cumberland counties, also known as Suggs Mill Pond.

The tract between Fayetteville and Elizabethtown will be managed by the N.C. Wildlife Resources Commission as the Bladen County Game Land and will be open to the public for hiking, fishing, boating, birding and special permit hunting. The Nature Conservancy assisted the state with the acquisition of the Horseshoe Lake property.

A private landowner, Dohn Broadwell of Fayetteville, also purchased an adjacent 1,915 acres from Canal Industries, Inc. Over a period of time, Mr Broadwell will donate conservation easements to The Nature Conservancy that will eventually protect the unique natural areas on his property. By donating conservation easements to The Nature Conservancy, Mr. Broadwell has agreed to manage the property for conservation purposes and has relinquished the right to develop the property. Mr. Broadwell will be working to restore the area's longleaf pine communities to their original condition.

The state purchased the 8,000-acre tract for $3.7 million. Funding for the project came from a $2.25 million grant from the Clean Water Management Trust Fund and two grants totaling $1.5 million from the Natural Heritage Trust Fund. The Clean Water Fund was established in 1987 as a supplemental funding source for state agencies to acquire lands that represent the state's ecological diversity. This fund is supported by proceeds form personalized license plates and deed stamp taxes.

The Horseshoe Lake area contains a medley of unique natural communities, including a complex of large and small peat-filled Carolina bays. Horseshoe Lake is located near other ecologically significant state-owned land including thousands of yellow pitcher plants. The lands surrounding the horseshoe-shaped lake contain other rare natural communities, such as pocosin, Atlantic white cedar forest, and pond pine woodland. The rims of the Carolina bays are characterized by pine flatwood and sandhills scrub communities.

This area is home to an array of rare plants, including populations of Venus flytrap, white wicky, and threadleaf sundew. Significant birds such as anhinga are found here, as well as waterfowl, American alligator, fox squirrel, pine barrens treefrog, and mammals such as black bear and bobcat that require large expanses of land.

For more information, contact Game Land management at 919-733-7291.

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Outward Bound is the oldest and largest adventure-based educational organization in the world. Hahn, a German educator, founded the organization in 1941 to help British sailors develop the endurance and conviction needed to survive wartime stress during World War II. When the war was over, the programs were deemed such a success that they were open to the public. The organization's name was adopted from the nautical term "outward bound," which refers to the moment when a ship leaves the safety of the harbor for the unknown challenges and adventures of the sea.

North Carolina is home to one of five Outward Bound schools in the United States. Together, the schools offer programs in more than 20 states. Worldwide there are more than 40 schools.

The North Carolina Outward Bound School's (NCOBS) mission is to inspire personal growth through a challenging, adventure-based learning experience. Using the wilderness as a classroom, NCOBS instructors teach outdoor skills, teamwork, communication, personal growth, compassion for others and care for the environment. Courses are offered year-round and range from four days to three months in length. The courses include activities such as backpacking, canoeing, rock climbing, rappelling, caving, sea kayaking and biking. Adventure areas in North Carolina include the mountains and the Outer Banks.

While the greatest number of courses are geared toward youth ages 13 to 18, the NCOBS offers a wide variety of courses for adults, including groups for men only, women only, educators, life/career renewal seekers, managers/executives and parents and teens. The organization not only teaches adventure and survival skills such as rock climbing, backpacking and orientation, it also places strong emphasis on cultivating "soft skills" such as self-discovery, personal growth, craftsmanship, compassion and teamwork.

The school does seem to be especially useful for teens. According to North Carolina Governor Jim Hunt, a 1989 NCOBS alumnus: "NCOBS inspires confidence to face new challenges and teaches self-reliance, determination and personal responsibility. These are skills that will prove invaluable in a person's academic pursuits and throughout their lives."

A report, profiled in the May 1997 issue of Education Weekly, showed that students do in fact make significant improvements in problem-solving abilities, leadership skills and independence following an outdoor leadership course like the ones offered by NCOBS. After completing an Outward Bound course, more than 80 percent of alumni said they felt more confident, physically stronger, compassionate and environmentally conscious. Most alumni also cite their experience as being one of the biggest milestones in their lives.

Prices for the NCOBS start at $950. Financial aid and scholarships are available based on need and as resources allow. To request a course catalog, or for more information, call toll-free at (877) 826-9702.

The North Carolina Outward Bound School is at 2582 Riceville Rd., Asheville, NC 28805. (828) 299-3366 or (800) 841-0186. Website: www.ncobs.org.

Where Tar Heel Gems

By Peter Margolin

The fact that nowhere else in North America have emerald deposits ever been located has not been lost on state legislators, who adopted emerald as North Carolina's gem.

Susan Grenados

Tobernite, kyanite and quartz at the Colburn museum.

Known worldwide for its treasure trove of crystal riches, North Carolina is home to more than 300 minerals. Most, including ruby, sapphire, emerald and gold, are native to the hills and mountains of the western half of the state. Tourist or Tar Heel, if your tastes run to exotic minerals and precious stones, there are four museums in western North Carolina that should be at the top of your list of places to visit where you can admire the state's mineral wealth. Each distinctive in its own right, a visit to all four will give you a good idea of how well the mineral kingdom is represented in North Carolina.

Colburn Gem and Mineral Museum

The Colburn Gem and Mineral Museum in Asheville was designed especially with mineral collectors in mind. The Colburn displays prize specimens from the collection of Burnham Colburn, a Detroit engineer who came to Asheville in the 1920s. Founded in 1960 by the Southern Appalachian Mineral Society and housed since 1992 in a modern setting at a downtown Asheville location (Pack Place) the museum is open every day except Monday. Foremost among its must-see items on any gem-lover's list is a 1,145-carat star sapphire unearthed in 1987 at the Pressley Mine near Canton and cut as a cabachon to reveal its deep grape-hued colors and shifting rays of light.

Three large well-lit cases at the Colburn are devoted solely to displays of Tar Heel minerals. The collection ranges from the world's rarest gem — the precious emerald-green form of spodumene called hiddenite (found only in Alexander County and so special that a town was named for it) — to mineral commodities such as quartz, feldspar and mica that have long been the mainstay of the economy of several western counties. Interspersed between these, the Colburn showcases large gleaming nuggets of North Carolina gold, as well as emerald crystals from each of the counties where the fabulous green gemstone has been found. The fact that nowhere else in North America have emerald deposits ever been located has not been lost on state legislators, who adopted emerald as North Carolina's gem.

Glitter Gleam

Museum of North Carolina Minerals

The Blue Ridge Parkway's Museum of North Carolina Minerals near Spruce Pine also is devoted solely to minerals. Built in 1955 as a gift to the people of America, it was presented to the nation by North Carolina with the understanding that the National Park Service would operate and maintain it. Tar Heel mineral collectors, many of them residents of the Spruce Pine rockhound paradise, donated all mineral specimens displayed here. Five huge blocks of ore from Avery County's Cranberry Mine, where the largest deposit of high-grade magnetic iron ore in the south was mined until 1930, line the walkway at the front entrance of the museum. Inside, the first thing to catch your eye is a 300-pound quartz crystal, mounted on a pedestal and illuminated by floodlight. Several of the displays at this museum focus on Tar Heel mining history, illustrating with photographs and specimens the mining of tungsten, gold mica, feldspar and quartz. Others are devoted to Tar Heel gemstones, in raw as well as cut forms, and to local fluorescent and radioactive minerals. The museum is open seven days a week, from 9 a.m. to 5 p.m., and also provides travel information to visitors on the Blue Ridge Parkway.

The Schiele Museum

The Schiele Museum in Gastonia, which displays its minerals in the Hall of Earth and Man, is open every day except Monday and holidays. Among the large collection on view here are displays of particular interest to Tar Heel rockhounds and amateur mineralogists. One features an array of specimens from the Foote Mineral Company's lithium mine near Kings Mountain in Cleveland County. Foote has mined the lithium-bearing mineral spodumene at Kings Mountain for many years. The world's lightest metal, lithium is used in alkaline batteries, anti-depressant drugs and lubricants, and the Foote mine is the nation's only domestic source. The mine has yielded specimens of 55 different minerals, the most interesting of which are included in another Schiele display. Among them are ores of rare space-age metals such as columbium and tantalum, as well as tin and uranium minerals.

The Nature Museum at Grandfather Mountain

Saving what is arguably the best for last, no mineral buff will want to miss the collection that Hugh Morton assembled and put on display at the modern Nature Museum at Grandfather Mountain, near the town of Linville. Hugh gave mineralogy professor Jack Hanahan the go-ahead to acquire the finest specimens of Tar Heel minerals that money could buy, and Jack succeeded beyond anyone's wildest imagination. A transparent emerald crystal several inches long may momentarily distract you from the other splendors on view here, but not for long. There are just too many good things to see, such as the magnificent display of North Carolina gold in crystals as well as nuggets. The Nature Museum is open seven days a week and offers a verity of other exhibits that make learning about the natural history of Grandfather Mountain a fascinating and enjoyable experience. •

Emerald and gold at Grandfather Mountain.

Peter R. Margolin is a geologist, writer and a seasonal ranger with the Blue Ridge Parkway. He is a member of French Broad Electric Membership Corporation.

Preserving the magical spirit of Cove Creek School

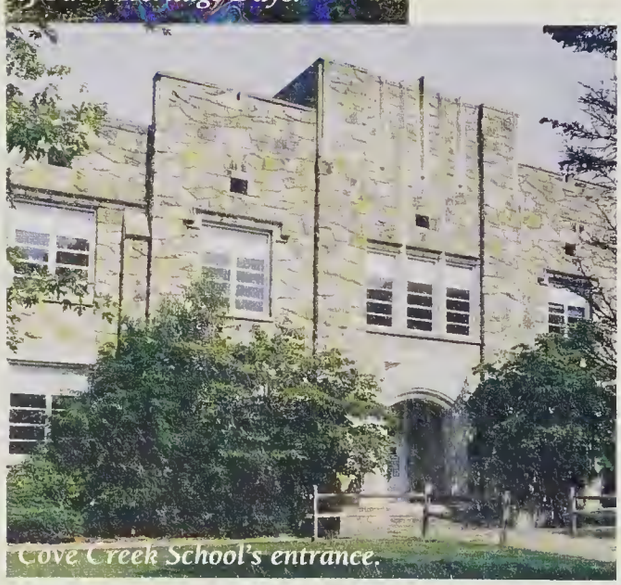
To the outside world, Cove Creek may seem like the name of some make-believe place in a mountain folk song.

Well, it's not make-believe. (In North Carolina, there are eight actual creeks bearing this name.) But it does have a magical, musical spirit surrounding it, thanks to the legendary and extended musical family of Doc Watson, and the rest of the people who have lived out here in mountainous western Watauga County.

Nora Watson, premier planner of Farm Heritage Days.

Cove Creek is an area west of Boone that lays claim to the first telephone and the first electrical service in these parts. It's made up of the communities of Sugar Grove, Vilas, Amantha, and Mabel, among others, as well as one of the earliest areas to be marked by Daniel Boone on his way to Tennessee in the mid-1700s.

The Mast family is at least as legendary here as Doc Watson's. Known today by the famous General Store of that name, Masts had a gristmill and a roller mill here in the mid-1800s. In 1895, Joseph Carson (Pete) Mast set up telephone service that became the Watauga Telephone and Telegraph Company. By 1910, the company had extended to Newland, Elk Park, Lenoir, North Wilkesboro and Mountain City, Tenn. Cove Creek residents worked the switchboards and lines until 1954, when the company was sold to today's cooperative Skyline Telephone Membership Corporation.



Cove Creek School's entrance.

Electric power came to Cove Creek in 1912, thanks again to the efforts of Pete Mast, who ran powerlines to friends and family from a generator at his mill. The Mast family eventually sold the mill and plant in 1928, and in 1937 Blue Ridge Electric Membership Corporation took it over.

Cove Creek also gave rise to the Sugar Grove Post Office in 1837, a cheese factory in 1914, and the Baptist Church that marks its 200th year in 1999.

But Cove Creek High School is even more famous than the Masts, the Watsons and the industry. Somehow, this school, established in 1922, became the biggest star in all of the Blue Ridge High Country.

Maybe it had something to do with the majestic stone building erected in 1939 with such pride and craftsmanship by Works Progress Administration crews. Recently placed on the National Register of Historic Places, the building produced this region's premier force in academics, athletics and character-building. Cove Creek High School set so many educational records in its heydays that students came from neighboring counties to board in local homes just so that they could attend the prestigious school. The heartbeat of the community came from here, as its grounds hosted country fairs, athletic events and social occasions.

High school students moved to the consolidated Watauga High School in 1965, but the magnificent edifice then served as school grounds for three decades of kindergarten through eighth grade school students. Watauga County Schools vacated the building during the 1995-96 school year for a new facility built a few miles away.

For all these reasons, concerned citizens recently formed Cove Creek Preservation and Development, Inc. They already helped an integrated health clinic begin its work at the historic school. Now they are setting up the Watauga Historical Center with the Doc Watson Appalachian Musicians Museum as its first component. On July 18, hundreds helped celebrate Doc Watson's 75th birthday on the grounds.

Thanks to Cove Creek's communications intern Malissa Sywassink, as well as Bricca Sweet, Tammy Hicks and Tommy Walsh.

Farm Heritage Days

On Sept. 19-20, Cove Creek puts on its second Farm Heritage Days festival and farm tours. With farm life as its focus, the festival will show off its residents, historians, musicians, artisans and storytellers. Of special interest are the antique car parade, the food booths, children's games, and Mountain Confederates encampment. The idea behind it all is to keep alive the tradition of the Historic Cove Creek School. The festival is Sept. 19 at the school in Sugar Grove. The farm tours take place on Sunday.

Get details by calling Cove Creek Community Office at (828) 297-2200, or on the Web at www.covecreek.net.

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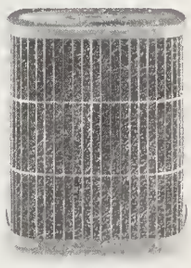

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Where have all the

William Sheppard

About five years ago, I began to notice that the yield from our apple trees — once loaded with enough fruit to eat, freeze and share — had dwindled to but a dozen or so misshapen apples per tree. At the same time, our cucumber crop was disappointing. And I also noticed a scarcity of honeybees in our clover, and the sad disappearance of wild bees that used to buzz around the bee tree next to the river.

Of course, it's all connected.

Did you know that a single blossom on, say, an apple tree or a watermelon plant requires 16 to 18 visits in order to be pollinated enough to produce a full-size fruit? Fewer visits mean that the flower that ultimately would become an apple or a watermelon may die fruitless, or that the flower may produce a deformed fruit containing seeds too weak to amount to anything. According to research presented at the 1997 North Carolina Beekeepers Association convention, an apple tree can bear up to 40 times more fruit if bees work it during blossoming time.

After I began noticing the effects of a bee shortage at our place, I talked to a beekeeper (apiarist) who suggested I join an active beekeepers association. I did join, and since then I've learned plenty.

The wild or feral honeybee, the great pollinator, has all but died out in North Carolina. Similarly threatened are birds, bear and small mammals that depend on berries and fruit crops.

So why is this happening?

The villains are tiny mites. The trachea and varroa mites — who appeared in North Carolina by the 1990s — are parasites who kil honeybees. Irvin Rackley, N.C. State Beekeeper

bees gone?

By Janno Daniel

Association president, estimates that since their arrival the mites have devastated some 50,000 bee colonies managed by beekeepers.

A second cause for the honeybee decline is the increasing use of pesticides and insecticides. Fine dusts or powders such as Sevin are highly toxic to honey bees. Sprays or crystals used in the late evenings are preferred. As farmers and gardeners learn about more friendly pesticides such as pyrethrum, insecticidal soaps and insect control species (lady bugs, parasitic wasps and bats, for example), they can help reverse the bee annihilation.

North Carolina State University entomologist John Ambrose described a pesticide success story in the February 1997 issues of American Bee Journal. He said that in 1996, Hurricane Fran dropped tremendous amounts of water on North Carolina as far inland as 120 miles, causing an immediate increase in the population of mosquitoes known to carry encephalitis. The N.C. Department of Environment, Health and Natural Resources proposed an immediate aerial pesticide spray program, which could have wrecked the honeybee population permanently. The NCSU apiculture program and the NC State Beekeepers Association sought a compromise centering around the daytime activity period of the honeybee. The agreement called for allowing aerial application only between the hours of 3 p.m. and 10 a.m. to minimize contact with foraging bees.

Minding their own beeswax

When a honeybee visits blossoms seeking nectar and pollen to feed to her colony, she spreads pollen from flower to flower and begins the honey-making process. Honey is a natural food product, mostly fructose and glucose, with traces of vitamins and minerals. It comes in as many flavors as there are flower species for bees to visit. Darker honey — known as amber honey — carries a more pronounced flavor and slightly more minerals than lighter honey. Tulip poplar, common in the south-central part of the state, is an amber honey. An example of light honey is sourwood, well known and largely produced in the western part of the state. A mixture of honey flavors is produced in the Piedmont areas.

Red maple is a plentiful nectar source that blooms early in the central part of the state, starting in early February. Spring and summer bring holly, redbud, tulip poplar, fruit trees, ash, sumac and sourwood. Bees sip nectar on shrubs of quince, barberry, butterfly bush, alder, holly and fireweed. Gardeners wishing to attract bees have a variety of choices. Good ground covers are dandelion, clover and buckwheat. Good annuals and perennials are grape hyacinth, salvia, bee balm, catnip, cotton, sage and basil. Asters and goldenrod are native bee favorites in the fall. With its variety of vegetation, the Piedmont of North Carolina is a treasure of tasty sweet treats.

The honeybee is a fascinating insect. The mild-tempered, golden-banded (Italian) species Apis mellifera may have been brought to America in the 1600s by the Massachusetts Bay Pilgrims. The species soon spread, possibly making its way over the mountains by hurricanes. Thomas Jefferson noted that the bees went West before the settlers. The Native Americans took up beekeeping, calling the honeybee the "white man's fly." (No honey-producing bees were native to North America beyond Mexico and Cuba.)

The early Romans carried woodpecker bills to ward off stings. In the Middle Ages, European peasants believed bees stung only evil people. The ancient societies were less concerned about the bees than the honey they produced. Often they sacrificed a whole colony to take the honey. By the 1800s "honey robbing" had subsided somewhat. Today's apiarist takes only surplus honey, leaving enough for the colony to have over the winter.

Truly social insects, bees live in colonies, sometimes as many as 50,000 in a colony. The honeybee has developed a unique air-conditioning and heating system for its hive and the brood it raises. In the summer, bees beat their wings at the hive entrance to maintain an airflow for a bee-comfortable temperature inside. In the winter, honeybees remain in a "ball" in the hive. The inner bees, gorging on their stored honey for energy, "dance" to radiate heat for the rest of the hive. Graciously, the bees change places so the outer ones can move inward.

For more than 50 years, Karl von Frish, an Austrian research biologist, studied another bee "dance." It's a way that

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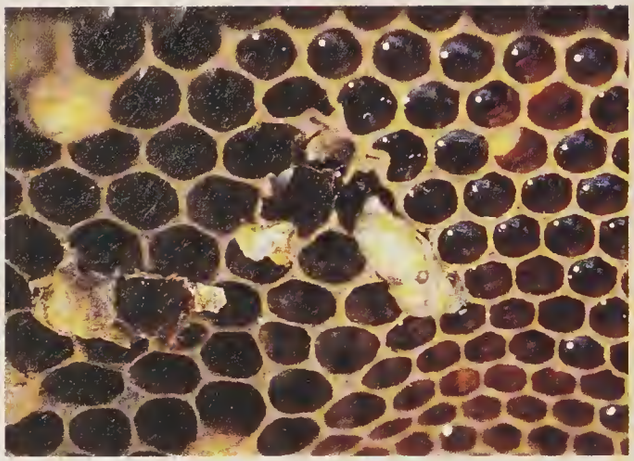

William Sheppard

Brood comb showing honeybee larva with parasitic varroa mites (center).

bees inform worker bees of nectar sources. The speed, angle and direction that a bee dances amazingly describes the accurate distance, location and quantity of the sweet stuff. It's like a line dance with its tail wags and turns.

Within the hive there is usually one queen, thousands of female workers and hundreds of male drones. The drones' sole function is to fertilize the queen, whose unique function is to lay eggs.

The workers, meanwhile, are out there doing what it takes to make honey. What it takes is some 38,000 foraging trips to gather enough nectar to make one pound of honey. The bees from one hive may visit as many as 4.8 million flowers in a day's work. Thousands of worker bees remain inside the hive raising the brood, cleaning the hive, maintaining the hive temperature, and preparing pollen, wax and honey.

The apiarist also works hard, but always reaps rewards. Walter T. Kelley, former editor of Modern Beekeeping, says: "Practically anyone from 12 to 80 years can and are keeping bees successfully. And beekeeping as a hobby and a business is not confined to men."

North Carolina is home to more beekeepers than any other state, even though most beekeepers here are hobbyists. In fact, the honeybee has been the "official state insect" since 1973.

The best time to start beekeeping is in the spring at the beginning of a good nectar flow. A call to the local Cooperative Extension office or beekeepers association can start you off with an expert's hand and supply source.

For more information, contact the American Beekeeping Federation, P.O. Box 1038, Jesup, GA 31598-1038. Phone: (912) 427-4233. E-mail: info@abfnet.org. The North Carolina Beekeepers Association can be reached through executive director John Ambrose, NC State University, Box 7626, Raleigh, NC 27695-7626.

The National Honey Board offers educational services. For free information, contact The National Honey Board, 390 Lashley St., Longmont, CO 80501-6010. Phone: (303) 776-2337. Web site: www.nhb.org.

Janno Daniel is a retired teacher of biological and natural sciences as well as mathematics. She lives in Troy and is a member of Randolph Electric Membership Corporation.

How *Sweet* It Is

By Elizabeth Hunter

My best friend's house smelled ambrosial when I pushed open the front door. "We're in the kitchen," Mary Lynn sang out. "Excuse the mess, but we're up to our ears in honey."

"It smells wonderful in here, like you're distilling spring."

"Doesn't it?" Mary Lynn stood at the kitchen counter, pricking open cells from the honeycomb-filled frame. Beyond her, a half-full bucket of amber liquid stood beneath the separator's spigot. Butcher paper covered the floor. Clad in long aprons, Mary Lynn and her husband Gary Beecham were engaged in a sticky, twice-yearly two-day chore, extracting the accumulations of a blooming season from the frames that fill their four beehives.

The Beecham's "Glass Bee" honey—the name is a reference to their vocation as glass artists—won a permanent place in my cupboard and kitchen that day. It's a staple of my diet.

In his essay, "The Pleasure of Eating," Kentucky farmer/philosopher Wendell Berry writes: "A significant part of the pleasure of eating is one's accurate consciousness of the lives and the world from which food comes." I know what he means. Spreading Mary Lynn's honey on my homemade bread each morning, I'm doing more than satisfying my body's demand for sugar, fat and carbohydrates: I'm drawing sustenance from my friend's life—and from the rich texture of our friendship.

Beekeeping is a labor of love for Mary Lynn and Gary—an offshoot of a collaborative gardening effort that fills their raised beds with a colorful blend of flowers, herbs and vegetables. Beekeepers for almost a decade, the Beechams got their apicultural start in the carefree days before tracheal and Varroa mites now decimating wild and domesticated bee populations became widespread. Forced by the mites to give up organic beekeeping, Gary medicates the hives twice annually to prevent a recurrence of the infestation that wiped out 75 percent of their bees a couple of years ago.

I share with Gary and Mary Lynn a love of cooking, gardening, walking and watching the natural world. But it's writing more than anything that has moved our friendship from a casual acquaintance of several years to something deeper, more mutually supportive and lasting. Though we rarely manage so much as an afternoon together—except to can tomatoes and juice, or put up spiced tomato jam and hot pepper jelly—we regularly exchange manuscripts, ideas, advice and encouragement.

My days begin many hours before sunrise, with a mug of coffee and a slice of honey-covered toast. The bread I make is moist, dense and dark. Tasting it, I'm reminded of the way the dough's disparate elements—flour, oatmeal and cornmeal, molasses, shortening, yeast—cohered under my palms into something supple and living. Soaked into this memory is another—of the heady odor I inhaled as I pushed open Mary Lynn's door.

As Wendell Berry writes: "The passive American consumer, sitting down to a meal of pre-prepared or fast food, confronts a platter covered with inert, anonymous substances that have been processed, dyed, breaded, sauced, gravied, ground, pulped, strained, blended, prettified and sanitized beyond resemblance to any part of any creature that ever lived, Both eater and eaten are thus in exile from biological reality. And the result is a kind of solitude, unprecedented in human experience."

Of necessity, a writer of more than advertising jingles must spend many hours in solitude—thinking, getting thoughts down on paper, following them where they lead. Alone, we prune sentences like gardeners, mold and shape them like bakers, polish them like glass artists, until they bear fruit, their flavors blend, their surfaces shine.

A writer's solitude I accept. And thanks to homemade bread and a friend's honey, I'm spared the kind of solitude that so unsettles Wendell Berry. Simple though it be, my early morning repast fuels body and spirit with something no store-bought fare could counterfeit. Its richness more than banishes hunger; it spills over into the words I write—carries me toward another sunrise, into another day's light.

Elizabeth Hunter lives in Mitchell County and is a member of French Broad Electric Membership Corporation.

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23	----	----	13.30	12.07	22.75	19.68	38.50	32.37
24	----	----	13.30	12.07	22.75	19.68	38.50	32.37
25	----	----	13.30	12.07	22.75	19.68	38.50	32.37
26	----	----	13.38	12.16	22.96	19.90	38.93	32.81
27	----	----	13.47	12.16	23.18	19.90	39.37	32.81
28	----	----	13.56	12.25	23.40	20.12	39.81	33.25
29	----	----	13.65	12.25	23.62	20.12	40.25	33.25
30	----	----	13.65	12.33	23.62	20.34	40.25	33.68
31	----	----	13.73	12.33	23.84	20.34	40.68	33.68
32	----	----	13.82	12.42	24.06	20.56	41.12	34.12
33	----	----	13.91	12.42	24.28	20.56	41.56	34.12
34	----	----	14.00	12.51	24.50	20.78	42.00	34.56
35	----	----	14.26	12.68	25.15	21.21	43.31	35.43
36	----	----	14.70	12.95	26.25	21.87	45.50	36.75
37	----	----	15.22	13.30	27.56	22.75	48.12	38.50
38	----	----	15.75	13.65	28.87	23.62	50.75	40.25
39	----	----	16.45	14.08	30.62	24.71	54.25	42.43
40	----	----	17.06	14.61	32.15	26.03	57.31	45.06
41	----	----	17.93	15.13	34.34	27.34	61.68	47.68
42	----	----	18.90	15.75	36.75	28.87	66.50	50.75
43	----	----	20.03	16.62	39.59	31.06	72.18	55.12
44	----	----	21.43	17.41	43.09	33.03	79.18	59.06
45	----	----	22.92	18.37	46.81	35.43	86.62	63.87

Call for more information on amounts and products

MONTHLY RATES

Issue Age	$50,000		$100,000		$250,000		$500,000	
	Male	Female	Male	Female	Male	Female	Male	Female
46	----	----	24.58	19.33	50.96	37.84	94.93	68.68
47	----	----	26.16	20.38	54.90	40.46	102.81	73.93
48	----	----	27.82	21.35	59.06	42.87	111.12	78.75
49	----	----	29.57	22.40	63.43	45.50	119.87	84.00
50	----	----	31.50	23.62	68.25	48.56	129.50	90.12
51	----	----	33.86	25.02	74.15	52.06	141.31	97.12
52	----	----	36.48	26.60	80.71	56.00	154.43	105.00
53	----	----	39.63	28.43	88.59	60.59	170.18	114.18
54	----	----	43.48	30.62	98.21	66.06	189.43	125.12
55	27.43	20.08	47.86	33.16	109.15	72.40	211.31	137.81
56	29.92	21.56	52.85	36.13	121.62	79.84	236.25	152.68
57	32.68	23.10	58.36	39.20	135.40	87.50	263.81	168.00
58	35.65	24.76	64.31	42.52	150.28	95.81	293.56	184.62
59	38.89	26.60	70.78	46.20	166.46	105.00	325.93	203.00
60	42.30	28.52	77.61	50.05	183.53	114.62	360.06	222.25
61	45.98	30.58	84.96	54.16	201.90	124.90	396.81	242.81
62	49.87	32.76	92.75	58.53	221.37	135.84	435.75	264.68
63	53.98	35.08	100.97	63.17	241.93	147.43	476.87	287.87
64	58.36	37.53	109.72	68.07	263.81	159.68	520.62	312.37
65	62.95	40.11	118.91	73.23	286.78	172.59	566.56	338.18

Additional ages and amounts with guaranteed rates *(of course)* available upon request.

Other amounts available upon request. Premiums are based on applicant's age at nearest birthday. Policies are non-cancellable as long as premiums are paid. Premiums may be paid annually, semi-annually or by monthly bank draft. (A no-cost medical exam may be required depending on age, health or amount of coverage desired). Premiums above are 15 year term. Policy Form No. PGRAT97NW1. Level death benefit to age 95 with premiums guaranteed level for the first 15 years. Guaranteed renewability to age 95. All policies are issued and underwritten by Great American® Life Insurance Company, P.O. Box 5416, Cincinnati, OH 45201-5416. Nearly $6 billion in assets as of 12/31/97.
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Jim Olson
National Processing Center
P.O. Box 5288
River Forest, IL 60305

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Application Request Form

The information you provide will be kept in strict confidence.

NAME _____
ADDRESS _____
CITY _____ STATE _____ ZIP _____
DATE OF BIRTH _____ ❑ MALE ❑ FEMALE
AMT. OF INS. DESIRED _____ ❑ TOBACCO ❑ NON-TOBACCO
HOME PHONE ( ) _____ WORK PHONE ( ) _____
BENEFICIARY _____ AGE _____
The best time to call me is:
❑ Morning ❑ Afternoon ❑ Evening (❑ Home ❑ Work)
I wish to pay my premiums: ❑ Annually ❑ Semi-Annually ❑ Monthly Bank Draft
ADDITIONAL APPLICATION REQUESTED FOR:
NAME _____
DATE OF BIRTH _____ ❑ MALE ❑ FEMALE
AMT. OF INS. DESIRED _____ ❑ TOBACCO ❑ NON-TOBACCO
Comments: _____
I am also interested in: ❑ 10 year term ❑ 20 year term ❑ 30 year term

OM2-A-NS AF15

Carolina close-up

Compiled by Renee Gannon

He's not just Ricky Scaggs' banjo player anymore

Sugar Hill Records of Durham recently released Jim Mills' debut record "Bound to Ride," showcasing his banjo playing in the traditional bluegrass style. Mills, originally from Raleigh, lives in Durham County.

Playing professionally since high school as either a solo act or part of a band, Mills was approached in 1997 by Ricky Skaggs to join his band Kentucky Thunder. "The real blessing for me is having him in my band and getting to hear him pick every night. He's awesome and so is this album," says Ricky Scaggs, who also contributed to the record.

Mills also earns praise from Earl Scruggs, a banjo picker he has admired since childhood, who comments that: "[Mills] is one great banjo player." Mills pays tribute to Scruggs in the song "He Came from Carolina."

For more information, contact Sugar Hill Records, PO Box 55300, Durham, NC 27717-5300, Phone: (919) 489-4349. To order the record or the latest Sugar Hill Records catalog, call (800) 996-4455, or check your local record store.

Charles Williams

C. J. Call controls the mower his son Joey rigged.

He can mow his lawn by remote control

Della and C.J. Call of Wilkes County can now mow their yard from as far away as a half-mile with a remote control lawnmower designed and built by their son Joey, reports Charles Williams of the Wilkes Journal-Patriot. The remote control unit handles all operating functions of the mower, from changing gears and speed to steering what used to be a riding mower.

Joey Call, an electronics and technology expert for Ithaca Industries and part-time teacher at Wilkes Community College, began designing the remote control mower last year after the mower turned over on top of his father and caught fire while the elder Call was mowing a steep bank. C.J. Call's leg still has a visible knot from the accident.

After rebuilding, repairing and touching up the scorched and battered lawnmower, Joey purchased a remote control unit, one identical to those used with model airplanes, so that if the lawnmower turns over again it won't hurt anyone. The lawnmower's gas, clutch and brake controls and steering mechanism are controlled by hydraulic cylinders capable of producing 1,500 pounds of force, though they now have an output of 100 pounds. All are operated through the control unit placed where the driver's seat was located. An antenna is attached to the top of the box to link the mower with the remote control unit.

Cutting the grass with the remote control mower is slower now, but safer and easier. "It's probably slower than riding the mower," says Joey. "It takes a lot of concentration, especially if the mower is coming toward you. Then the mower will turn toward the left, as you're looking at, when you turn the controls right." But he has a plan in the works to overcome the mirror image problem—a small video camera. "That way the operator will always have the right perspective. [The camera] will have to transmit back on a legal channel. I haven't worked that all out yet, but it can be done."

Joey's father then may be able to cut the grass and watch TV at the same time. Right now, he has some problem with the perspective of the mower coming toward him, so he leaves the driving to Joey.

Upcoming County Fairs

The following is a listing of North Carolina's upcoming regional and county fairs. These culminate in the Mountain State Fair in Fletcher Sept. 11-20 and the N.C. State Fair in Raleigh, Oct. 16-25.

Person County Fair
Sept. 1-5, Roxboro

Hickory American Legion Fair
Sept. 2-7, Hickory

Iredell County Agricultural Fair
Sept. 7-12, Statesville

Chatham County Fair
Sept. 8-12, Pittsboro

Craven County Agricultural Fair
Sept. 11-19, New Bern

Greensboro Agricultural Fair
Sept. 11-20, Greensboro

NC Mountain State Fair
Sept. 11-20, Fletcher

Cabarrus County Fair
Sept. 12-19, Concord

Alamance County Ag. Fair
Sept. 14-15, Burlington

Lenoir County Fair
Sept.14-19, Kinston

Stanly County Fair
Sept. 14-19, Albemarle

Stokes County Agricultural Fair
Sept. 14-19, King

Avery County Fair
Sept. 15-19, Newland

Halifax-Northampton Agricultural Fair
Sept. 15-19,
Roanoke Rapids

Macon County Fair
Sept. 16-20, Franklin

Rowan County Fair
Sept. 21-26, Salisbury

Surry County Agricultural Fair
Sept. 21-26, Mount Airy

Warren County Fair
Sept. 21-26, Warrenton

Wilson County American Legion Fair
Sept. 21-26, Wilson

Davidson County Agricultural Fair
Sept. 21-27, Lexington

Alexander County Fair
Sept. 22 26, Taylorsville

Cumberland County Fair
Sept. 22-26,
Fayetteville

Lee County Agricultural Fair
Sept. 22-26, Sanford

Rocky Mount Agricultural Fair
Sept. 28-Oct. 3, Rocky Mount

Wayne Regional Agricultural Fair
Sept. 28-Oct. 3, Goldsboro

Burke County Fair
Sept. 29-Oct. 3, Morganton

Chowan County Fair
Sept. 29-Oct.3, Edenton

Moore County Agricultural Fair
Sept. 29-Oct. 3, Carthage

Vance County Regional Fair
Sept. 29-Oct. 3, Henderson

Haywood County Fair
Sept. 29-Oct.4, Waynesville

Onslow County Fair
Sept. 29-Oct. 4, Jacksonville

Cleveland County Fair
Oct. 1-10, Shelby

Dixie Classic Fair
Oct. 2-11, Winston-Salem

Columbus County Fair
Oct. 5-10, Whiteville

Robeson County Fair
Oct. 5-10, Lumberton

Pitt County American Legion Agricultural Fair
Oct. 5-10, Greenville

Richmond County Fair
Oct. 5-10, Hamlet

Atlantic District Fair
Oct. 6-11, Ahoskie

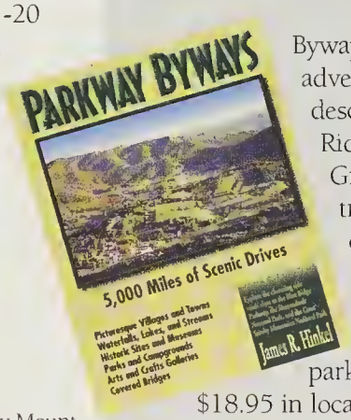
Wilkes County Agricultural Fair
Oct. 12-17, N. Wilkesboro

NC/SC District Fair
Oct. 12-18, Monroe

New Hanover County Fair
Oct. 15-24, Wilmington

N.C. State Fair
Oct. 16-25, Raleigh

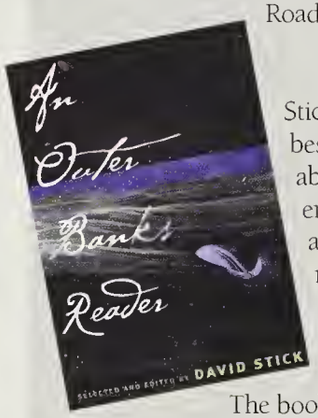
Four new books about our hills and our coast



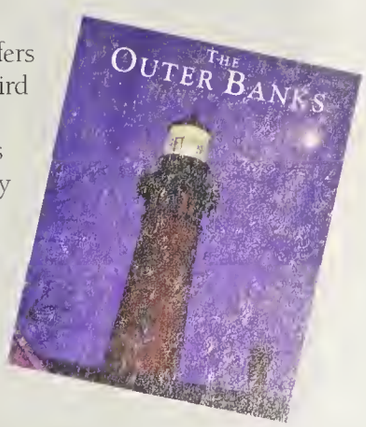
Headed for the mountains this fall? "Parkway Byways," by James R. Hinkel, could lead to a new adventure. The book is a driving guide to side trips, describing 5,000 miles of scenic drives to the Blue Ridge Parkway, Shenandoah National Park and the Great Smoky Mountains National Park. Hinkel traveled more than 200,000 miles on winding country roads to discover the best of the back country, including picturesque villages and towns, waterfalls, lakes, historic sites, museums and special parks. The book is available for $18.95 in local bookstores or by contacting Parkway Publishers, PO Box 3678, Boone, NC 28607 or at (828) 265-3993.

The Ultimate Guide To
Asheville &
Hendersonville
Including the Great Smoky Mountains National Park and the Blue Ridge Mountains of North Carolina

"The Ultimate Guide to Asheville & Hendersonville," by Lee James Pantas, is a travel book covering western North Carolina. The guide has simple-to-use lists for accommodations, restaurants, shopping, attractions, museums, festivals and events, nightlife, outdoor recreation and kids' activities. The 400-page book also contains hundreds of detailed pen and ink drawings. The book is available for $14.95 through local bookstores or by calling WorldComm Publishing at (800) 472-0438. Mail order is also available by sending $18.85 to Alexander Books, 65 Macedonia Road, Alexander, NC 28701.



In "An Outer Banks Reader," editor David Stick searched for the most captivating and best-written examples of what others have said about the Outer Banks. The book has 64 entries that span the course of more than four and a half centuries of life, both human and natural, on the barrier islands. Included in the stories is "Cape Lookout National Seashore: A Return to the Wild," written by Carolina County editor Michael E.C. Gery. The book is available at bookstores or from the University of North Carolina Press. For credit card orders, call (800) 848-6224. List price is $16.95 paperback, $29.95 hardcover.



"The Outer Banks," by Bill Yenne, offers an overview of the barrier islands, from bird watching to boating, and from fishing to folklore. This 48-page coffee table book is filled with full-color photographs taken by Bruce Roberts. The book is available through the Globe Pequot Press, P.O. Box 833, 6 Business Park Road, Old Saybrook, CT 06475 or call (800) 243-0495. List price is $14.95.

"Land of the Noonday Sun" is now on videotape

The first-ever video documenting the history of the Nantahala River system in western North Carolina has been released by Appalachian History Video Series. "Nantahala...Land of the Noonday Sun" documents the life of the river and what it offers to the region it flows through.

The video follows regional experts Lance Holland and George Ellison and videographer Ron Ruehl as they explore the entire river system—from its headwaters to high in the Standing Indian area near the NC-Ga. border, to Nantahala Lake, on through the Upper and Lower Gorges, to its confluence with Fontana Lake. They relate the stories of the Cherokees, white settlers, quarrymen, geologists, botanists, railroad builders, loggers, dam builders and visit major recreational facilities.

The 54-minute video is available at regional outlets or by mailing $23.50 to Appalachian History Video Series, Rt. 2, Box 132-H, Robbinsville, NC 28771 or call (828) 479-6960.

"Gifts From the Sea" – the 1998 N.C. Seafood Festival poster

Morehead City hosts the 12th annual N.C. Seafood Festival, Oct. 2-4. The big event celebrates North Carolina's seafood and seafood industry. The 1998 festival's commemorative poster, entitled "Gifts from the Sea," by Jack Saylor of east Carteret County, captures the essence of the coast, and gives one the feeling of a summer daydream, says the artist. The limited edition print is available for $25. Limited signed prints cost $40. Contact the North Carolina Seafood Festival office and gift shop at (252) 726-6273 for purchasing information.

THE NORTH CAROLINA SEAFOOD FESTIVAL

OCTOBER 2-4, 1998 MOREHEAD CITY WATERFRONT

"Flute Player with a Glass of Wine," by Stom.

European "Sinners and Saints" on view in Raleigh

From Sept. 27 through Dec. 13, European Old Master paintings will be on display at the North Carolina Museum of Art. "Sinners and Saints, Darkness and Light: Caravaggio and his Dutch and Flemish Followers" includes more than 35 masterpieces by the Italian Caravaggio as well as Hendrick ter Brugghen, Gerrit von Honthorst, Dirck van Baburen, Gerard Seghers and Matthias Stom. The artists used working-class people as models for biblical figures and saints, as well as for secular paintings.

Admission to the exhibit is $5 for individuals, $3 per person for groups of 10 or more. Children under 12 free. The museum is located at 2110 Blue Ridge Road in Raleigh, and is open Tuesday through Sunday. Admission to the museum is free. For more information, call (919) 839-6262.

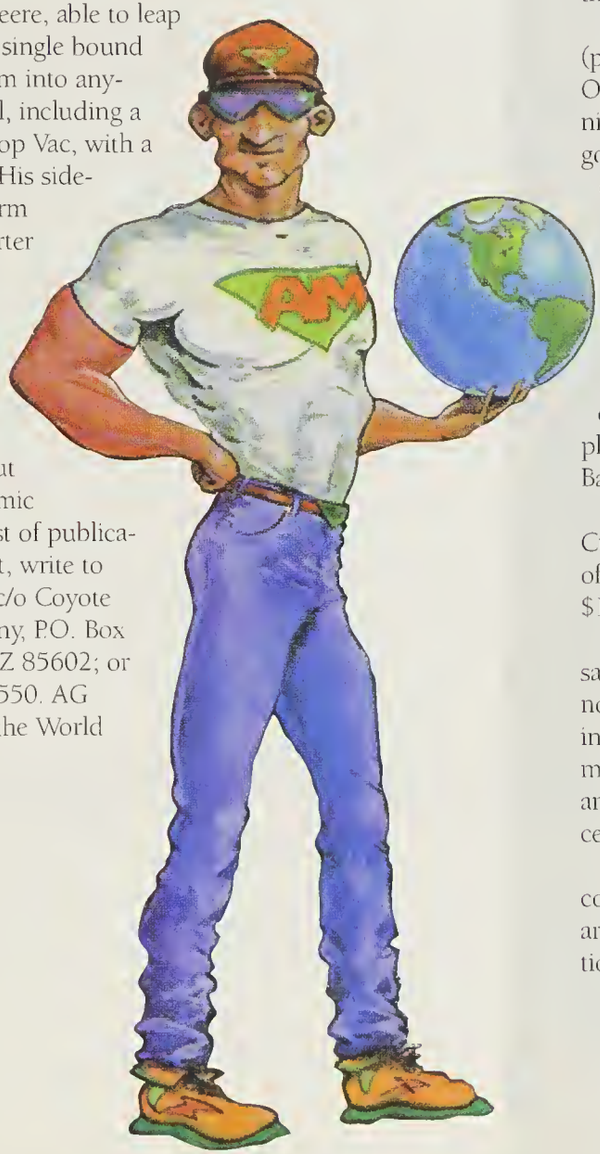
Shackleford ponies will be protected

The Shackleford Banks Wild Horses Protection Act, introduced last year by Congressman Walter B. Jones (R-NC) to preserve and protect the state's herd of wild horses, has been signed into law by President Clinton. The law requires the National Park Service (NPS) to maintain a herd of no less than 100 horses. In addition, the NPS and the Foundation for Shackleford Horses jointly will manage the horses and their habitat.

The horses and their descendants have been roaming free on the island (part of the Cape Lookout National Seashore) since Spanish mustangs swam ashore from sinking galleons off the state's coast more than 300 years ago. In the last few years, the horses have faced an uncertain future due to overpopulation, loss of habitat and disease, and many have been euthanized to help control the herd's health and population.

The adventures of AG MAN

A new serial comic strip by Bob and Baxter Black features the adventures of "the planet's only agriculturally correct Super Hero — AG MAN." The creators say this super hero is more powerful than a model D John Deere, able to leap round bales in a single bound and can transform into anything mechanical, including a combine or a Shop Vac, with a twist of his cap. His sidekicks include Farm Boy and ag reporter Corn Silk. The strip even has villains — the armadillo mutants.



For more information about the AG MAN comic strip and for a list of publications that carry it, write to AG MAN, INK, c/o Coyote Cowboy Company, P.O. Box 2190, Benson, AZ 85602; or call (800) 654-2550. AG MAN is also on the World Wide Web at www.agman.net.

JFK Jr.'s and Paul Newman's businesses honor the generosity of East Carolina Bank

True to the spirit of eastern North Carolina, East Carolina Bank this year was recognized as one of the 10 most generous businesses in America.

The honor came in April from George magazine (published by John F. Kennedy Jr.) and Newman's Own (established by Paul Newman). The 10 companies fit the program's theme that "the best charity is a good job" and that "investments in people and communities make good business sense."

Nominations submitted by two directors pointed out that the bank that had its "humble beginnings in a barbershop in the remote fishing village of Engelhard, N.C.," embodies the character and needs of its communities, some of them very poor and others wealthy. "Many of the 60 odd community and school programs that take place simply would not exist if not for East Carolina Bank," the nomination said.

East Carolina Bank serves seven counties — Currituck through Hyde — from 15 full-service offices. Last year's charitable donations exceeded $100,000 or about 6 percent of net profits.

"Our mission is to be part of the social fabric," said bank president and CEO Art Keeney. "The economic needs of this area are very diverse, so our giving program reflects that variety. . . . Our branch managers recognize the needs in their communities, and we do what we can to contribute to their success. It's part of putting a face on the bank."

Keeney added that Tideland EMC, the electric cooperative serving much of the same geographic area "should be proud of its community contributions, too. Together we are making a difference here."

Go Electric

A buyer's guide by Sharon O'Malley

After a long day at work or with the kids, nothing can hold a candle to a few quiet moments alone. Add a touch of well-deserved luxury with one of these electric products designed to help you unwind and relax.

Stress Busters

1. Easy chair

No matter where you are when your muscles start to ache, Relaxor's massaging seat topper can be with you. The portable massage mat has eight vibrating motors to knead sore muscles all over; the motors can run in the same spot constantly or run up an down your back in a wave-like motion. And you can top anything from your favorite recliner to your office chair to your car set with the Deep Knead Orbiting massager, which sells for around $144.99 at Macy's and Sears. Or order from the company by calling (800) RELAXOR.

2. Wax'n relax

There's nothing like a summer day full of exercise and gardening to summon up arthritis pain, stiff or inflamed joints, muscle spasms and sports injuries. Wax away the pain by dipping hands, feet or elbows in a paraffin bath. Paraffin can absorb and retain a great amount of heat, so the heat that goes into melting it is released when it solidifies into a "glove" around your hand or foot. Each dip in a paraffin bath transfers pain-relieving heat into an aching joint. WR Medical Electronics' Therabath costs around $189.95 at home health care suppliers, pharmacies and through mail-order catalogs. To find a dealer near you, call (800) 321-6387.

3. Sweet dreams

Does your spouse's snoring keep you awake at night? Are your neighbors too loud? Do you live near train tracks? A sound conditioner might be for you. These devices produce the sounds of nature to surround you with an environment of conditioned sound. The sound is continuous, working like a balm to soothe and relax. Marpac Corp.'s Sound Screen creates the sound of rushing air. Users control the volume. Order it from the Hammacher Schlemmer catalog for $44.95 by calling (800) 543-3366.

4. Don't sweat it

Doctors sometimes recommend sitting in a steam bath to patients who suffer from colds, sinusitis, bronchitis or allergies. Salons offer steamy sessions because they're good for the skin. So what better way to unwind at the end of the day than to quietly enjoy the steam while it works its miracles? Variel Health International's aromaSpa is an at-home steam bath that assembles and disassembles in minutes, so you can put it anywhere. Just add 32 ounces of water and your favorite scented oils and switch it on. Prices range from $1,295 to $2,295. Call (800) 800-7222 to find a vendor near you.

5. Bath buddy

Turn your bathtub into a bubbling whirlpool spa—without tearing up your bathroom. Add the Pollenex Power Spa, a pump with a nozzle that directs a massaging burst of water toward your aches and pains. Set the timer for 20 minutes and forget the day. The 10-pound attachment is removable and costs around $99. Order from the manufacturer by calling (800) 767-6020.

This guide is for informational purposes only and not intended as an endorsement by the North Carolina Association of Electric Cooperatives.

1998 NORTH CAROLINA STATE FAIR

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MAN EATS OWN EAR

From down home delicacies like roasted corn-on-the-cob to Polish sausages and funnel cakes, nothin' could be finer than the food at the Fair. Good thing, because there's so much to see and do, you'll work up quite an appetite. So come join us. We've got just what you're hungry for.

OCT. 16-25 State Fair RALEIGH, NC

NOTHING COULD BE FINER

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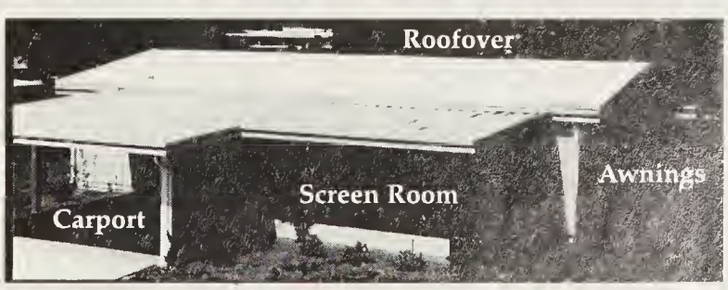

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Carolina compass

Mountains
(west of I-77)

Grandmothers Month
Sept. 1-30, Linville
(800) 468-7325,
(828) 733-4337

Art Exhibit
Sept. 2-26, Boone
Mazie Jones Gallery, Jones House Community Center,
(828) 264-1789

Concerts on the Lawn
Sept. 4 & 11, Boone
Jones House Community Center lawn, 5:30 p.m.,
(828) 264-1789,
(800) 852-9506.

Labor Day Tribute
Sept. 6, Boone
First Baptist Church,
(828) 264-8118

Iredell County Fair
Sept. 7-12, Statesville
Iredell County Fairgrounds,
(704) 872-4032

Kiev Symphony Orchestra & Chorus
Sept. 10, West Jefferson
Beaver Creek High School,
7:30 p.m., (336) 246-ARTS

NC Mountain State Fair
Sept. 11-20, Fletcher
Western NC Agricultural Center, (828) 687-1414

Art in the Park
Sept. 12, Blowing Rock
American Legion Grounds,
10 a.m., (800) 295-7851

National Balloon Rally
Sept. 17-20, Statesville
Iredell County Fairgrounds.
(704) 873-2892

Pioneer Living & Militia Encampment
Sept. 19-20, Weaverville
Zebulon B. Vance Birthplace,
(704) 645-6706

Farm Heritage Days Country Fair
Sept. 19-20, Sugar Grove
Cove Creek High School,
(828) 297-2200

Boer Goat Show
Sept. 20, Fletcher
NC Mountain State Fair,
(910) 866-4232

Thomas Wolfe & F. Scott Fitzgerald
Sept. 24-27, Asheville
Festival at Thomas Wolfe Memorial, (704) 253-8304

Festival In A Country Churchyard
Sept. 25, Glendale Springs
Holy Trinity Episcopal Church, 10 a.m.,
(336) 982-3076

Mountain Heritage Day
Sept. 26, Cullowhee
Western Carolina University campus, 8 a.m.,
(828) 227-7272

7th Olde Boone Streetfest
Sept. 26, Boone
10 a.m., (828) 262-4532

Hiddenite Gem & Mineral Show
Sept. 26-27, Hiddenite
(828) 465-2769

Stokes Stomp/Festival on the Dan
Sept. 26-27, Danbury
(800) 593-8159

Quilting Demonstration
Sept. 27, Hickory
Hickory Museum of Art
Education Wing, 7 p.m.,
(704) 328-8183

Olde Time Days
October 2-3, Burnsville
(704) 682-4505

Arts & Crafts
October 2-4, Highlands
Sassafras Gap Campground,
(704) 526-3181

Forest Festival Day
October 3, Pisgah Forest
(828) 884-5713

Piedmont
(between I-77 & I-95)

Art Exhibit
Sept. 3-25, Rockingham
Leath Memorial Library
(910) 895-6909

Littleton/Lake Gaston Festival
Sept. 4-5, Littleton
(252) 586-4522

Gem, Mineral and Jewelry Show
Sept. 4-7, Raleigh
Kerr Scott Building at NC State Fairgrounds,
(919) 746-7663

Needlework, Quilt & Textile Exhibit
Sept. 4-28, Southern Pines
Campbell House,
(910) 692-4356

Gatsby Day
Sept. 5, Reidsville
Chinqua-Penn Plantation,
(336) 349-4576

Grape Stomp
Sept. 11, Raleigh
State Farmers Market,
(919) 733-7417

"A Lion in Winter"
Sept. 11-13, 16-19,
Southern Pines
Sandhills Little Theatre,
Sandhills Community College, (910) 692-3799

"The Foreigner"
Sept. 11-27, Sanford
Temple Theatre,
(919) 774-4512

Jazz Festival
Sept. 12, Hamlet
Memorial Park, 4 p.m.,
(919) 879-3871

Gospel Concert
Sept. 12, Fayetteville
Cumberland County Coliseum Complex-Auditorium, (910) 323-5088

Deep River Park Festival
Sept. 12, Cumnock
At Camelback Bridge, 9:30 a.m., (919) 898-4814

International Festival
Sept. 12, Asheboro
Asheboro campus of Randolph Community College, 1 p.m.,
(336) 633-0238

Flatwoods Festival & Antique Tractor Pull
Sept. 12, Bennett
(919) 942-7297

Classic Airshow
Sept. 12-13, Winston-Salem
"Women in Aviation," Smith Reynolds Airport, 10 a.m.,
(336) 661-1363

Pope Air Force Base Open House
Sept. 13, Pope Air Force Base
Gate opens 8 a.m.,
(910) 295-1337

Golf Tournament
Sept. 13-15, Southern Pines
Mid Pines Carolina Senior Open, (910) 692-2114

NC Symphony Concert
Sept. 17, Southern Pines
Pinecrest High School,
8 p.m., (910) 692-4356

Southern Women's Show
Sept. 17-20, Charlotte
Charlotte Merchandise Mart,
(704) 376-6594

Sweet Potato & Apple Dessert Contest
Sept. 18, Raleigh
State Farmers Market,
(919) 733-7417

Antique Engine, Car & Tractor Show
Sept. 18-20, Roxboro
Optimist Park,
(336) 364-2364

Tar River Festival
Sept. 19, Louisburg
Riverbend Park and downtown Louisburg, 10 a.m.,
(919) 496-3056

Antique Truck Show
Sept. 19, Spencer
NC Transportation Museum,
(336) 657-8083

Old-Time Square Dance
Sept. 19, Denton
Denton Civic Center,
(336) 475-9397

Folk Fest
Sept. 19, Winston-Salem
Reynolda House Museum of American Art, 12 p.m.,
(336) 725-5325

Golf Festival
Sept. 19, Southern Pines
Mid Pine Inn & Golf Club, Pine Needles Lodge & Golf Club, (910) 692-2114

The Rock Open Motorcycle Series
Sept. 20, Rockingham
Rockingham Dragway,
(910) 582-3400

US Senior Women's Golf Tournament
Sept. 20-24, Southern Pines and Pinehurst
Mid Pine Inn & Golf Club, Southern Pines; Country Club of NC, Pinehurst
(910) 692-2114

Cumberland County Fair
Sept. 21-26, Fayetteville
Cumberland County Coliseum Complex,
(910) 323-5088

Pro-Am Golf Tournament
Sept. 22, Southern Pines
Pinehurst Plantation,
(910) 695-3193

Antique Festival
September 25-26, Liberty
8 a.m., (336) 622-3040

Southern Ideal Home Show
Sept. 25-27, Raleigh
NC State Fairgrounds,
(800) 851-2990

Farm Festival
Sept. 25-27, Aberdeen
Malcolm Blue Farm,
(910) 944-7558

Outdoor Gospel Music Concert
Sept. 26, Wallburg
Amity Baptist Church,
2 p.m., (336) 722-3860

Fall Festival
Sept. 26, Ebony, Va.
Prospect United Methodist Church, 8 a.m.,
(252) 586-5757

Mid-Atlantic Boer Goat Show
Sept. 26, Fayetteville
(910) 866-4232

Outdoor Music Festival
Sept. 26-27, Pinehurst
Pinehurst Harness Track,
(910) 692-2107

Moore County Agricultural Fair
Sept. 28-Oct. 3, Carthage
Moore County Fairgrounds,
(910) 673-7070

Dixie Classic Fair
Oct. 2-11, Winston-Salem
(336) 727-2236

Big Pumpkin Weigh Off & Festival
Oct. 3, Mooresville
8 a.m. (704) 662-3336

Coastal Plain
(east of I-95)

Arts & Crafts Show
Sept. 5-6, Hatteras
Civic Center, 10 a.m.,
(252) 995-4656

Craft & Bake Day
Sept. 11, Gatesville
Gatesville Extension Building grounds, 10 a.m.,
(252) 357-0858

Hearth and Harvest Festival
Sept. 12, Hertford
Newbold-White House,
10 a.m., (252) 426-7567

Great Grape Stomp Jubilee
Sept. 19, Rose Hill
Duplin Winery, 10 a.m.,
(910) 289-3888

Elizabeth City Harbor Days
Sept. 19-20, Elizabeth City
(252) 338-5787

Clarinet Quartet in Concert
Sept. 25, Oriental
St. Thomas Episcopal Church,
(252) 249-3079

Carolina Country Stampede
Sept. 25-26, Williamston
(252) 792-4131

Harvest Day
Sept. 26, Windsor
Hope Plantation,
(252) 794-3140

Fair and Parade
Oct. 3, Garland
(910) 529-4121

NC Seafood Festival
Oct. 2-4, Morehead City
On waterfront,
(252) 726-6273

Harvest Tour
Oct. 6-7, Murfreesboro
(919) 398-5922

September

		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

October

				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Deadlines:
Nov. . . . .Sept. 25
Dec. . . . .Oct. 26

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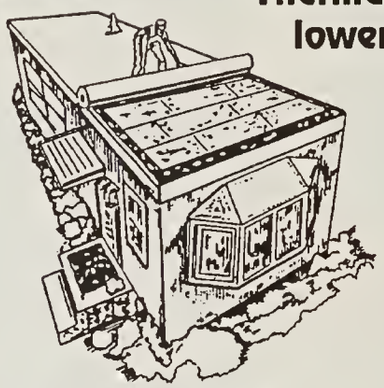

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☐ Attic condensation freezes there and in walls		☐ No condensation forms
☐ Furnace or heaters usually run all day and night		☐ Heat source runs only as needed
☐ Leaks let water ruin ceiling, walls and floors		☐ No leaks
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☐ Deteriorates annually		☐ Adds to the value of your home

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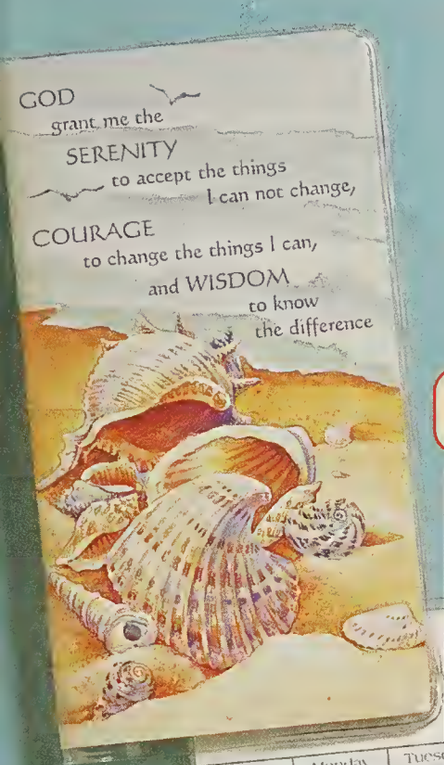

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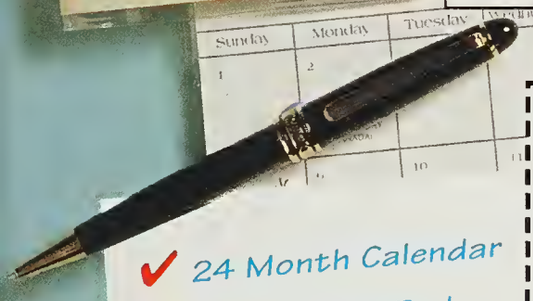
SUPER 50% PROFIT

PROFITS ADD UP FAST!

Sell	Free Bonus	Total Profit
5 cases		$300.00
10 cases	1 case	$720.00
20 cases	2 cases	$1,440.00
30 cases	3 cases	$2,160.00
50 cases	5 cases	$3,600.00



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Name _____ Address _____ Phone (____) _____

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3MCCR89

Joyner's corner

© by Charles Joyner

Domi-No.s

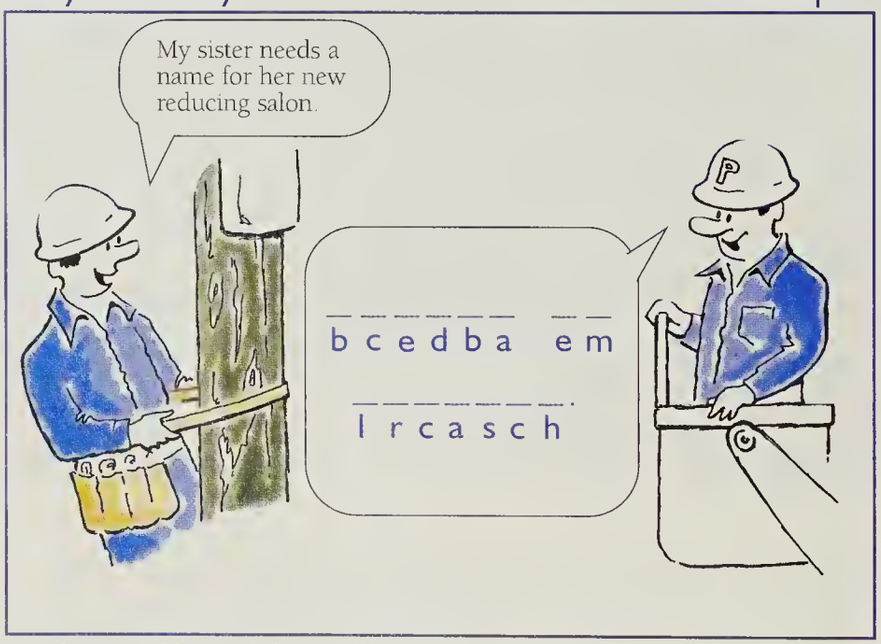
The change from summer to autumn sometimes seems to come too quickly. Given S = 0 and D = 3, how quickly can you change SUMMER to AUTUMN? Each letter stands for a digit in this multiplication problem. The repeated letters M and U stand for repeated digits.

S	U	M	M	E	R
0					

					D	
				X	3	

A	U	T	U	M	N

Percy P. Cassidy — Poles Apart



Beth DeVilling

Use the capital letters below to fill in the blanks above.

"DELNORSTU" means
"s c r a m b l e d"

Think Of It!

Enter any number on the line below and multiply it by 8.

____ X 8 =

Now add all the digits in the three numbers above and enter the total here:

_____

Add the digits of your result until there is only one digit: ____

If the digit above is even, subtract 3; if it is odd, add 1. ____

Now use the table below to find a corresponding letter.
Example: N = 1, C = 2, A = 3.

N	C	A	R	O	L	I	N	A	=
1	2	3	4	5	6	7	8	9	

Think of a fruit, a color and a North Carolina county beginning with that letter.

Ring Ding

After one sings, one sang.
And after one rings, one rang.
But after one swings or after one flings
One never swang or flang.

After one sings, one has sung.
And a bell, once it rings, has rung.
But a bell that pings, or clangs, or dings?
Oh brother, our mother tongue!

-Chas. Joyner

Answers on page 53

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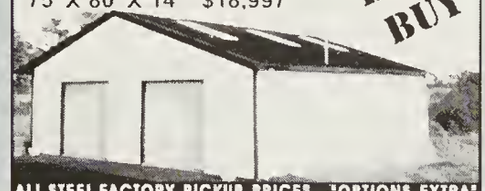

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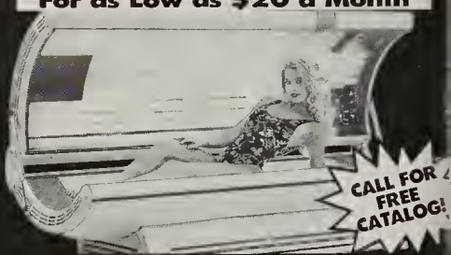

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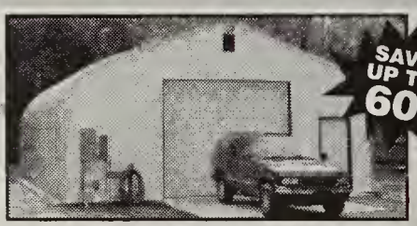

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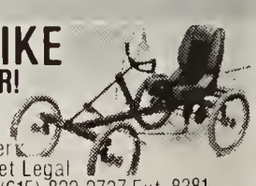

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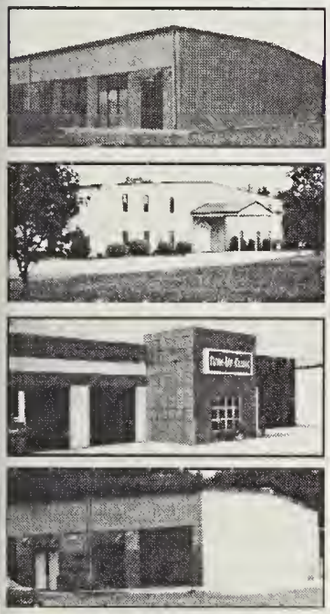

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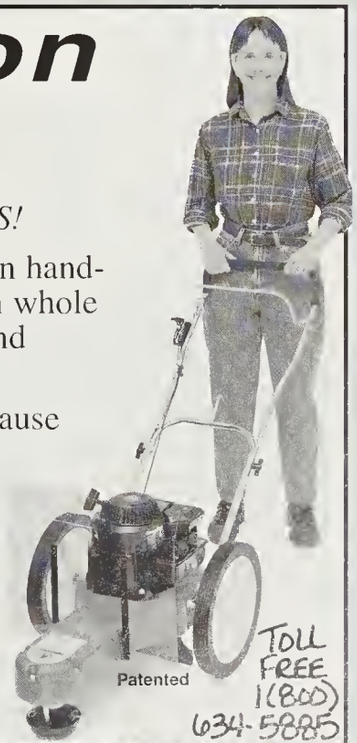

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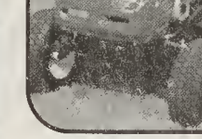

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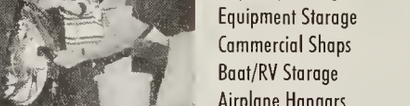

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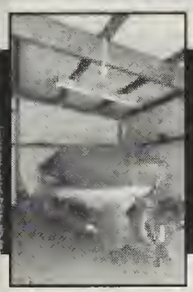

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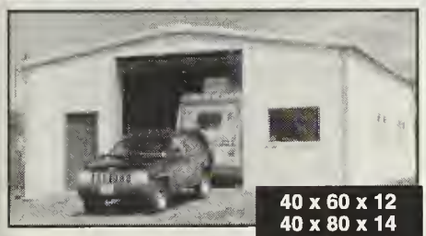

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Hank's gardening guide

by Hank Smith

Look ahead to "putting the garden to bed" for the winter. Attack the many insect and disease problems that could cause trouble next season. Hoe or pull out weeds before they reseed. Select shrubs to be reproduced via cuttings in October. Order or purchase locally spring flowering bulbs and prepare bulb beds for fall planting.

Composting for the future

Why not make a compost bin and save those leaves that will soon be falling? Add coffee grounds, eggshells and residue from healthy plants. During spring and summer add lawn clippings. Sawdust and wood shavings are good additions as well. The compost does not have to be fancy. It can be constructed from post and wire, boards or concrete blocks. To speed composting, prevent drying and check leaching of valuable fertilizer elements added as layers of compost were added to the pile. Cover bin with 4- to 6-mil plastic film. Black will last longer than so-called clear film. To fill the bin, place leaves and other material in 6- to 8-inch layers. Sprinkle evenly a liberal amount of complete fertilizer (8-8-8 or 6-12-12) over each layer. A light layer of soil will help keep pile moist and add bacteria, which speeds rotting. Dampen each layer as bin is filled. Dampen about every other day for two weeks. After bin is filled and has "set up" about six weeks, compost should be forked into another bin and left until it has completed rotting. If leaves and other materials are in short supply, make bins small, so one bin will be ready while you are filling another.

Landscape planning

Among good choices for trees with fall color are Sweet Gum, Red Maple, Southern Sugar Maple, Japanese Maple, Sourwood, Crape Myrtle, Tulip Poplar and Ginkgo. Always select a male Ginkgo as the female plant bears a foul-smelling fruit. Ginkgo sheds all leaves at one time, making lawn raking easier.

For best effect, plant groups of bulbs among shrubs and scatter them in wooded areas. This lends a naturalized effect. An exception is the very formal landscape that plays on formal rows.

Fruit trees bear showy blooms and can be used as accents as well as ever-popular dogwoods and redbuds.

Sasanqua camellias coupled with autumn-flowering chrysanthemums and late-blooming dahlias contribute color. Because of large heavy blooms, stake dahlias and football mums.

As autumn merges into winter, accent the landscape with berry color from such plants as pyracantha, nandina, French mulberry and some of the many plants of the holly group. The ever-popular shade-tolerant acuba (gold dust shrub) has a dwarf form that appears to be more reliable for berry production.

On large properties, where space is available between the house and street, fruit trees may be grouped for seasonal interest and supplements to meals.

Cuttings of the following shrubs should be made at this time: hydrangea, azalea, abelia, low-spreading junipers such as Pfitzer and Blue Rug, and wax ligustrum. Use tip growth, 4 to 6 inches long. Leave three or four leaves on cutting.

Plant seed of the following perennials in order to produce vigorous plants for next spring: hollyhock, Snow in Summer, daisies, flax, pyrethrum, delphinium and Stoke's aster.

If your potted poinsettia is growing too tall, cut back heavily if not done in August. If cut back later, the new growth may not produce bloom by Christmas.

Covering bare soil

In planning for landscaping improvements this winter, don't overlook the importance of having all soil areas covered with plants, pine bark mulch or pine straw. Among plants well adapted to groundcover use are liriope (both the green and green-white variegated), Mondo grass, English ivy and low-spreading junipers on slopes and/or dry soil. With buildings that have an overhang in the architecture, it is best to cover soil beneath the overhang with pebbles or marble chips. Spread black plastic before placing pebbles. This controls weed growth if English ivy is used beneath trees. Keep growing tips clipped away before they reach the branches. In time, this could cause the tree to suffer for lack of sunlight if the ivy becomes too thick and aggressive.

Plant peonies

Hardy, easy and economical to grow, the peony is one of America's favorite perennials. If not already part of your garden, give thought to including it in your fall plantings. You'll be richly rewarded in spring when large showy blooms appear. Since new "eyes" are formed for next season's growth, late September and October are good weeks to plant. Planting at this time insures the establishment of feeder roots right up until winter, making plants that are of stronger growth in the spring. Give full sunlight and deep loamy soil. Spade soil to one foot. Thorough preparation of soil is necessary due to the deep rooting character and because the planting is permanent in most cases.

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Think Of It!
Are you thinking Orange, Orange, Orange?

A Taste of Honey

One way to help restore honeybees to North Carolina is to tend some hives of your own (see pages 32-34). Another way is to buy honey made by the state's beekeepers.

We offer the following recipe for dinner, supplied to us by the National Honey Board.

Here are a few other ways to dress up dinnertime using honey:

- Refresh store-bought rotisserie chicken by brushing it with 2 tablespoons frozen orange juice concentrate mixed into 1/3 cup honey, then warming it through in the oven.
- Mix equal parts Dijon-style mustard and honey. Serve as a dip for chicken fingers or sausage rounds or brush onto steak, chicken or ribs while grilling.
- Perk up bottled Italian dressing by adding a splash of honey.
- Sauce up your barbecue by mixing 2 tablespoons honey into 1 cup prepared barbecue sauce – add more to suit your taste and use on your favorite meats.
- For dessert, drizzle warm honey over ice cream, fresh fruit or pound cake.

For more recipes and free information, contact The National Honey Board, 390 Lashley St., Longmont, CO 80501-6010. Phone: (800) 553-7162. Web site: www.honey.com

Honey-Glazed Carrots

1/4 cup honey
1/4 cup bourbon whiskey or apple juice
1/4 cup butter or margarine
1/4 cup water
1 package (16-ounce) baby carrots (about 3-1/2 cups)

In medium saucepan over high heat, bring honey, bourbon, butter and water to a boil. Add carrots. Reduce heat and simmer, stirring occasionally, for 10 minutes, or until liquid is reduced to a glaze and carrots are tender.

Makes 4 servings

Nutrients Per Serving: Calories 241, Fat Total 12.1g., Protein 1.14g., Cholesterol 31mg., Carbohydrates 26.7g., Sodium 158 mg , Dietary Fiber 3.67g., Calories from Fat 45%

Fat-Free Honey Herb Salad Dressing

1/4 cup white wine vinegar
1/4 cup honey
2 tablespoons chopped fresh basil or mint
1 tablespoon minced green onion
Salt and pepper, to taste

In small bowl, combine all ingredients. Mix well.

Makes 1/2 cup.

Nutrients Per Serving: (2 Tbsp. per serving), Calories 70.2, Fat Total 0.01g.., Protein 0.12g., Cholesterol 0mg., Carbohydrates 18.6g., Sodium 1.15mg., Dietary Fiber .12g., Calories from Fat 0%

Honey Smoked Salmon

1/4 cup butter or margarine
1/4 cup honey
1 tablespoon liquid smoke
2 teaspoons salt
1/2 cup dried bread crumbs
4 skinless salmon fillets *(6 to 8 ounces each)*

Preheat broiler on high for 5 minutes. Place butter in 9 by 13-inch pan; heat under broiler until melted. Set aside. In small bowl, mix together honey, liquid smoke and salt. Place bread crumbs in separate small bowl. Rub salmon fillets with honey mixture, coating all sides. Roll each in bread crumbs. Place salmon in pan and turn once to coat with melted butter. Broil 2 inches from heat source for 5 minutes; turn over. Broil until fish is opaque at center, about 5 to 10 minutes.

Makes 4 servings.

Nutrients Per Serving: Calories 445, Fat Total 19g., Protein 41.2g., Cholesterol 134 mg., Carbohydrates 26.5g., Sodium 1425mg., Dietary Fiber 0.57g., Calories from Fat 39%.

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MIXED DAFFODILS
25 FOR $5.99
This money-saving assortment of Daffodils welcomes spring with a cheerful mix of yellow, white and bi-color blooms. These trumpet-shaped flowers are perfect on hillsides, under trees and in rock gardens – anywhere the sun shines. 10-12cm.

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3 FOR $4.99
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RAINBOW IRIS
6 FOR $9.99
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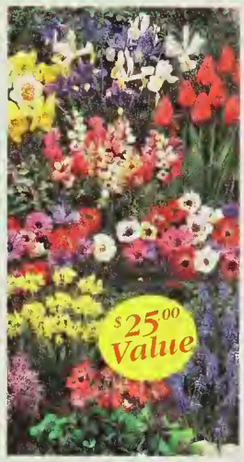

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